



Essential Alchemy

The Ancient Art of Healing Naturally

Season 1, Episode 22: Understanding Your Electric Health with Eileen Day McKusick, MA

Jodi: Welcome to the Parasympathetic Summit. I'm Jodi Cohen, your host. And I'm super excited to be joined by Eileen McKusick. She is a researcher, an author, an inventor, a speaker, and an educator who's been researching the effects of the audible sound since 1996. She's the founder of the Sound Therapy Method, Biofield Tuning, and the author of the bestselling book, Tuning the Human Biofield, and also the inventor of my favorite tuning fork, the Sonic Slider, just fabulous.

Welcome, Eileen. Thank you for being here.

Eileen: Yeah, great. Thanks for having me.

Jodi: I'm really excited to kind of delve into what sound therapy is, and how it supports the vagus nerve. So, for those people who might not be super familiar with sound therapy, can you kind of give an overview?

Eileen: Sure. Sound therapy is the practice of using sound and even music, like music therapy is a form of sound therapy, to shift people's state. To bring them from pain, or discomfort, or really restriction of any kind, into a state of present, relaxed awareness. And it just gets people to show up in the now and be okay.

Jodi: Yes

Eileen: And it's pretty simple. Because when you show up in the now, and you're breathing fully, everything in your body is taking care of itself. And that's the state that health naturally arises in. And people get out of sorts when they're running in the future, or running in the past, or generally freaking out. It brings a whole instrument of the human body out of tune, out of phase. And so, sound is a way to bring the body back into tune, and back into phase, and into a more resting, and conservation of energy kind of state.

Jodi: One thing you talk about in your book that I love is how we use it like in medical technology already, like when we're doing ultrasounds and things like that. Can you speak to that a little bit?



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Eileen: Yeah. Medicine makes use of sound waves you can't hear. And that seems to be the dividing line between what we call alternative medicine, what we call conventional medicine, when it comes to sound inputs. So, many people are familiar with ultrasound as a diagnostic tool. And sound waves bounce off the fetus, and the device turns it into a picture. My brain actually does that with the sound waves of tuning forks. Like I became and I've taught other people to become sort of sonar or ultrasound decoding devices in our mind's eye. Because that's just the way sound is. It shows you the structure of things and what's going on there.

So, ultrasound is also used therapeutically. They use ultrasound wands on the body, which really isn't any different than the tuning fork that you've got there, except that tuning forks actually have a broader range of vibrations. Because tuning forks technically produce an infinite number of overtones and undertones. You're getting a very broad spectrum of sound in both the audible and inaudible range. And the more of a range, the more that's going to affect cells of different size and different expression within the body. You really want to have a diversity of sound to be exposed to, instead of just like one particular frequency.

Jodi: Yeah. And can you elaborate on that, and how like the body is electric and it has frequency, and sound frequency can help balance the frequency of the body?

Eileen: The electrical system of the body is the system that most of us are missing, that we don't see. And in fact it took me a really long time to see it. And I had to pull together a lot of other pieces in order to kind of grasp that there is an entire electrical system in our body. And most of us see the parts of it. It's sort of like, you're not seeing the forest for the trees kind of thing. And we know that our heart is electric, you get a pacemaker, it's modulating the electrical rhythm of the heart. That the brain is electric, brain waves on a EEG, yeah okay, that's electric.

A lot of people know that their blood carries a charge. And some people know that our bones are actually crystalline structures that make electricity when we compress them. So, we actually generate electricity from inside our bones that radiates out into our whole body. That's just something we don't. So, this whole light aspect, this signaling, or this plasma being a forced state of matter that is basically the carrier of the electric force, the fact that the body has an electric current running through it, and a magnetic field around it, is just something that we don't get, and we don't talk about.



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Eileen: We know that if somebody gets tased, that's really going to mess them up. And we know that if somebody's heart stops, it can be jumpstarted with electricity, the same electricity that's coming out of the wall. It's like jumpstarting a dead battery, same juice making you run. And it really is. It's the same electricity that powers lights, that powers the sun. Because more and more evidence is emerging that the sun is electric. And that what we call the solar wind is a stream of electric particles coming to the earth. And that we're really actually living in a plasma, electromagnetic environment. So, we are electric bodies in an electric environment.

And I have observed through my 23 years of research with tuning forks that sound has a direct influence, and can modulate and adjust the electric body. There is this beautiful interaction. And to me, what we call sound, and what we call electricity, what we call light, even what we call music, are all waves. They're all waves through the ether. And that's a whole other subject that we can get into. But we kind of differentiate all these things and we separate them into compartments. But really, it's all part of the electromagnetic spectrum. The electromagnetic spectrum is all just waves, whether we call them sound, or light, or electricity, it's all traveling waves.

And that's what's going on in our body. Our light body is our primary body, because when you're alive, your electric light is on. And when you die, your body's still there, but your electric light is gone. It's the essence of you is your electric body. We could call it your soul. And that's how it's been relegated, that of this part of us has been called soul. Well, we've been told we don't even have a soul by science, first of all. And even if we did, that's the department of religion. And so, I've really come to see the plasma body, the bio-plasmic body, the electric body as what other people call soul. And if you think about in music, if you're listening to a soul singer, then she's really singing with that fiery aspect of her being, her plasma body. That's what is so compelling about soul singers, is that they're very tapped into that fire, that aliveness.

Jodi: Yeah. You said so many things that I want to unpack. One of the things that I love that you said is, I think we're really moving from kind of the adrenals are an isolated organ, to they're part of a whole system, to there is an energetic field around us that can impact the health of our organs and the cohesiveness of our body. And that can get a little bit out of tune. And if you can speak to that, and how you can use sound to almost, like, I think you call it a reboot to factory settings.

Eileen: Yeah. Get us back to factory settings.



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Jodi: Yeah.

Eileen: We're designed to be in tune instruments. And we're designed to operate from an in tune place. And the fact of the matter is, is that we live in a very out of tune culture, first and foremost, for many reasons. And many of us are subjected to non-beneficial inputs of all kinds that create all kinds of, if you think of yourself like a pipe organ, or string instrument, there's all these parts of you that just aren't sounding properly, flat here and sharp there, and off rhythm over here.

And so, what we do is we treat the sharps, and the flats, and the rhythmic irregularities with sound. It's almost like a form of bio-feedback, where the practitioner activates a tuning fork from about 6 feet away from the body, and then starts to slowly move in towards the body, through the biofield, through the body's bio-magnetic field where there's all this information, and current flow, and standing waves holding information about what's going on in the body. The electric body has all the information, it's your nervous system. When you have a memory, where is that coming from? It's coming from the body that had the experience that is still living in you. So, all of your memories are in this field around you, in your electromagnetic system.

And so, the tuning fork, when it comes up against a part of your record, your memory bank, that is dissonant, because it was not a good input, the tuning fork will encounter a sense of resistance. And the tone will change to reflect whatever vibrational experience is encoded in that specific spot, whatever the vibrational information that particular memory was, it's like you stick a fork in it and you can hear it. And the body hears it. And the body goes, "Wow, I sound really out of tune." And the body has the amazing ability to just use that simple input, that steady rhythmic reflection, to bring itself more into tune. And so, one of the ways that we do this, there is a protocol in biofield tuning called the adrenal rhythm reset.

And, if you experience adrenal exhaustion, which people have been living under chronic stress for a long time, or working really hard, after a while you're running on adrenaline, you start to burn out. But before you start to really burn out, what's happening is your adrenal rhythm is running really high and really fast. And you're getting depleted as a consequence. And so, what a lot of people do is they go visit their naturopath, who pushes a whole bunch of expensive supplements in plastic bottles over the counter to you. And you go home and you try and take them, which may or may not help. But the real problem is in the electric body. And in the rhythm, specifically in the rhythm.



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Eileen: And so, I figured out a way to have a conversation with the adrenals themselves. And just bounce sound off the body, tune into the adrenals, hear and feel what they're doing, reflect that back to them. And let them selfregulate against that steady input. And what happens is, is that rhythm that's been running too high and too fast, and generating a stressed state, which you're then experiencing in your life, because you're having it in your body and you're influencing it everywhere you go, you're giving it off. Wherever you go, there you are, having stress. And it's not even really your fault because it's just this rhythm that's going on.

And it's not just the adrenal. It goes up into the brain, and the sympathetic, parasympathetic, and all of that. It's not an isolated thing. It's this whole system. It's the whole part of the song in your inner body where this person or this instrument is just going way too fast. It's messing up everything.

Jodi: Yeah, and it's fascinating because it is diagnostic and therapeutic at the same time. And I do want to ask you about the vagus nerve. But you've found some really interesting things. I love it because you're a clinician, and so you're discovering things and then saying, "Gosh, I wonder why that is." Can you talk a little bit about the difference between the two adrenals, the right and the left, and what you've noticed?

Eileen: Yeah, it was a funny thing. First of all, I've noticed and discovered all these things about the body and the field that I didn't go looking for. I was just kind of pinging sound off people with curiosity, and then I ended up doing that for many, many, many, many hours, and really amassed a lot of experience in that process. And observed a lot of patterns. And discovered that different organs had sort of different tones and different conversations. I became very enamored with the liver. I was like, oh my god, the liver.

Jodi: I love the liver too.

Eileen: ...the heart, the heart. And I'm like, no, no guys, the liver.

Jodi: Elaborate on that. Tell me why?



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Eileen: Well, the liver is just very wise. And it sits in the middle of your body. In Chinese medicine, it's like the general in the army. Like, it oversees all operations. And so, the liver is monitoring respiration. It's monitoring digestion. It's monitoring blood flow. It's discerning, it's deciding what we keep, what we recycle, what we toss out. It's managing the emotion of anger. It's got to manage that. And also in Chinese medicine, we say the eyes are the window to the soul. Well, we don't say it in Chinese medicine, but the liver opens to the eyes.

Jodi: Exactly, yeah. And declining vision is correlated with the liver.

Eileen: Exactly. And so, okay, if the liver opens to the eyes. And the eyes are the window of the soul. Then is the liver the seat of the soul, in there in the middle of the body? And when you say about what is a soul, well, it's electricity, it's life-force. It's a concentration of life-force, if it's a seat. And, in traditional hunting societies, when an animal is killed, what does everybody go after? The liver.

Jodi: Yeah. I'm Jewish. Chopped liver was like, everyone loved it.

Eileen: Yeah. Because the liver has the most life-force, live-er, right? Yeah. So, I discovered things like that, that I didn't expect. I'm like, oh my god, the liver is so cool. But then I discovered that the adrenals had different characters. They're very chatty. And when they know you're listening to them, especially the right one, they'll tell you all these stories, or tell me because I hear things.

And the right adrenal is like a martyr. So, if you or anybody listening has ever been in that frame of mind, where you're saying, if it wasn't for me, nothing would get done. I'm the only one doing anything around here. It's like, I'm holding it all together. And nobody's got my back. The martyr, who's just in the story of martyrdom. And not successfully asking for help, or delegating, or...

Jodi: Yeah. Or especially when your kids are super little, and you go out to a restaurant. They don't like their meal. You're like, here, have mine.

Eileen: Exactly. Or the mother of young children also falls in that category for sure. But that adrenal tends to react and kind of go off the hook when it's under social stress, financial stress, like interpersonal stress. So, the right adrenal seems to govern managing that. Whereas the left adrenal, I observed, seemed to respond more to physical threats. So, if your actual organism was in danger, then the left adrenal was responding to that.



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Eileen: And of course, obviously there's cross-over. It's not black and white, and linear. But, I would hit things, information, and then what it would tie to on the left side was always like some kind of physical threat. Whereas this was more of a social threat, which is just an interesting thing to observe.

Jodi: But it also speaks to, when you take supplements, it affects the whole body. When you're able to use a tuning fork, or essential oils, or something that's topical, you can really target one side, and return it to balance, which is lovely.

Eileen: Yeah, it's all about really bringing ourselves into balance. That is the health, is the dynamic balanced state.

Jodi: Yes. And you have a couple of sound recordings of kind of using the tuning fork to balance the vagus nerve. Can you speak a little bit to that? Like, what you've noticed the vagus nerve does, and how it gets out of balance, and how you can help reboot to factory settings.

Eileen: The vagus nerve, as I've observed it in this work, it kind of bunches up when we're in... You know how you talk about getting your knickers in a twist? Well, I've been saying lately getting your biofield in a bunch. So, when your vagus nerve kind of does that thing, and you get all.., and then you become bleh. And then you're not seeing life as it is, because you're all bleh. And we've all been in that experience.

And so, if we want to be healthy, and experience life as it is right now, not through the lens of all our own distortions, which create stress, and misunderstanding, and disease. Then we need to be in a relaxed, open, energetic posture with life. And, we want to have that whole system, the brain and the vagus nerve, just open and in that happy, rest and digest place of ease, as much as we possibly can. And when we're in that state, then your body just carries out all of its operations.

And if you think about your cells and them trying to do their thing, and all of sudden you're getting triggered and having some kind of reaction, and your heartrate's going up, and everything. And all your cells are like "Ah!". Now they can't function. And so, the more we're in a stressed state, the less our cells are able to like bring in nutrients, take out the trash, keep everything orderly, do fluid exchange. All the things that are supposed to happen.



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Eileen: And so, the vagus nerve is very key in this because it's just central literally to everything. And when we're in a stressed state, it's like this. And what really I found releases it, and what is really a central part of biofield tuning, is releasing it through breath. And I've discovered that there's this way that kind of arose naturally in this work. When I'm listening to somebody else's distortion, and maybe some kind of traumatic experience, the vibration of that information is also going through me. And I'm trained to it. I feel it.

And that's part of the diagnostic part for me as a practitioner, is I'm in the vibe of this tragedy with you. And I'm feeling it in a deeply empathic way. And we don't even need words. Because I just feel the feeling, like right there with you. And when I'm in a really strong feeling like that, it makes me hold my breath. It makes my vagus nerve go "poof". And I can't operate like that.

So, what I found is that if I go [deep breath], every time I become aware that I'm scrunching up [deep breath], and I discharge it, and I let it go. And I just send that energy very consciously to ground, open up the tail bone. I call it breathing out your butt. [deep breath]. And you just kind of exhale down into the ground. And it completely softens and releases the vagus nerve. It's very simple to do. So, anytime you start to notice you're doing that, if you just become aware, open up the sphincter muscles, breathe into the belly, exhale down into the ground. You're going to strain yourself out and shift your state with just that very small little thing.

Jodi: Amazing. And I've been doing some of your sessions which I highly recommend. And one of the things that I love is you start each session with kind of a grounding. You call it into the earth start. And then a grounding from above. So, it's almost like, there's all this tension built up and you're just opening up the channels to release that. Can you elaborate on that, and explain that a little bit?

Eileen: Sure. So, the electrical body is toroidal in structure. And it extends obviously beyond the boundary of the physical body. So, a toroid is basically a sphere with a spiral channel down the middle. And electric charge runs bidirectionally, both through the channel and around the outer boundary. And it's this area of extra electrical charge around the outer boundary that encapsulates the biofield.

So, when some people talk about the aura of the human energy field, there's sort of like nebulous feel to it. We're talking about the same thing. The biofield is the same thing.



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Eileen: But it is not nebulous. It is definitely bounded. And it has this structure. And what I find is that the nature of our electric battery that we are, is to draw the net positive energy from the sun, through the top of our heads. And the net negative energy from the surface of the earth, up through our feet. And these two currents spiral around each other, and also around the outer boundary.

Jodi: So, very much like a battery, where one part is positive and one part is negative?

Eileen: Absolutely. We are a battery. Our electric body is a battery. And electric health is the idea that you want your battery to be strong. And the stronger your battery is, the healthier you're going to be. And so, in order to have a consistently strong battery, you have to recharge just as much if not more as discharging. And what we have unfortunately is an epidemic of people discharging more than they're recharging, and running with their batteries low. And we all know, like on your own phone, if the battery falls down to 40%, it goes down even faster after that, right?

Jodi: Yes.

Eileen: So, we don't want to go down to that, oh my god, what's your inner battery meter at, on a scale of 1 to 100. And when you start talking 50 and below, entropy is taking over. And as long as your electric meter is topped off, entropy, organization, order, is what rules your system.

Jodi: That's amazing. And can you talk a little bit about how grounding, and kind of opening up that center channel, helps to recharge the battery? Or is it a first step to kind of go in there?

Eileen: Yeah, it's definitely a step. I think that one of the biggest health issues that's really hidden in our culture is rubber-soled shoes. So, for your electric health, if you're an electric being, in an electromagnetic environment, rubber is an insulator. And so, wearing rubber-soled shoes blocks both the descending current, from going to ground, and the ascending current, coming up from ground. And so, we basically just cut ourselves off electrically from our environment.

And I know there's many graphs that track the introductions of different things throughout time to like the decline in health. But the one that tracks rubber-soled shoes to the rise in chronic disease is really fascinating. We started wearing rubber-soled shoes, whoop, chronic disease really started to go up. So, being grounded is a super important thing that a lot of people are missing out on.



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Eileen: And also the sun. We recharge in the sun. And I've been here in Jamaica for all of quarantine. I've been here since mid-December. And going to beach almost every day. Watching sunset. Sun gazing. Really availing myself to the electricity of the sun. And in some ways living off it. I've cut my calorie intake so far back because you eat a little bit of fruit here, and a little bit of protein there. But mostly I feel like I'm living on sunlight. But I'm not losing weight, or I'm not bony, or anything, because I feel like I'm being sustained by the sun. I'm in bare feet all the time.

So, I've gone into this practice of really taking care of my electric health, instead of taking care of my chemical health. And I don't have any ailments. I used to, back when I was thinking mechanically and chemically, like everybody else. I had all these health problems I wasn't solving —

Jodi: Yeah.

Eileen: ...that I wasn't managing. But when I started to think electrically, and started to improve my electric health, I solved all of my problems, and have helped thousands of other people to solve theirs too, by just looking at this life and health through a different lens.

Jodi: Yeah, definitely, I've been doing this for like 10+ years, and it started with like, everything's the gut, or everything's the adrenal. And then it kind of went to the brain and the vagus nerve controls it. And I do think that's true. But I also think that your field feeds input. So, can we talk a little bit more about kind of how the field affects the vagus nerve and other functions in the body, like maybe with your emotional health and anticipatory stress?

Eileen: Sure. Well, first of all, emotional health is really key. And that's what all my research in sound really brought me down to. It's really all about emotions. And that's the elephant in the room. Like, who talks about that, really?

Jodi: Well, we are!

Eileen: Especially as it relates to our health. And I found that in the biofield patterning, because I mapped the whole field and discovered that different emotions actually, then the record of different emotions and all emotions have different frequency signatures that sound kind of like music. Like, for example, every time we feel a sad feeling, that's a waveform in our body, we give it a word. But it's really a waveform and a feeling.



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Eileen: And that has a tonal quality. So, that gets stored in the field, almost like in a file drawer off our left shoulder. So, every time you feel sad, that record of that sadness, because there's many different tonal iterations of sadness that are here.

But what happens is we end up surrounded by the vibrations of our experience of life. And so, if we've experienced sort of chaos, a lot of trauma, all of those vibes are going off in us electrically, in our circuitry, all the time.

And some people figure out how to wall them off and function. Compartmentalization is the brilliance of the traumatized person who can figure out, the functional traumatized person can figure how to wall that off there.

Jodi: Well, disassociation, but it's like deficit spending. At a certain point it catches up to you.

Eileen: Absolutely does. And the other part of it is that all of these places are potential. They are not something bad, or terrible, or shameful, or anything, they're just energy trapped in an incoherent pattern. And that when you tune that area, and you release it from its freeze, and its incoherence, it just becomes pure potential. It becomes light. It becomes electricity flowing through your body. It becomes lumens.

So, every time that we release a trapped trauma that's frozen in this pattern of chaos in our system, all of a sudden it's like quieter inside. And now you've got more energy. So, really, people who've had a lot of trauma, they have all these what I call Easter eggs, like in videogames there's these Easter eggs that you find. And it opens up a whole new level, or like this cool tool that you get. And so, all of these places, all those years of your dad doing this, and all the places that you've contracted, is just gold waiting to be released.

So, healing becomes more like this adventure of finding and claiming your potential, and seeing what super power that starts to turn into. Because everybody's a superhero. Everybody has superpowers. Everyone. This has to be my favorite parts of this work, is that no matter... In my experience, with the population that I've worked with, and certainly there's more extreme populations that I haven't worked with, okay? But, in everybody, once you get the noise and the resistance out of the signal, once you pull the dents, once you tune the piano, there's something beautiful and amazing in everyone.



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Eileen: And I've had the privilege of hearing and seeing that in so many people, and being able to reflect it back to them, and being like, wow, you are amazing in this way. You have this gift. And you have this ability. And they always look at me shyly, and they're like, "I knew that." Okay? Everybody knows that they have something great inside of them. And the trauma, yes it's getting in the way, but in a way, it's also part of the gift, right?

Jodi: Yeah.

Eileen: And healing from the trauma, and coming in this way, and like going back and claiming these Easter eggs and bringing your power back. That's the hero's journey, is this healing and restoration process, to bring yourself back as a whole being. And then you're in a position to help others to come to their own health.

Jodi: I love the hero's journey. I love Joseph Campbell. And you are an ObiWan Kenobi. One of the things that I really am attracted to is that I think people, they don't know what to do. They don't know how to deal with these incredibly painful things. So, when they don't know what to do, they do nothing. Or they avoid it. Or they numb out. Or they disassociate.

And sound is such an easy way to really, it's almost an effortless way. So, for people that are listening, that are like, yeah, I have a lot of anger. Yeah, I have a lot of grief, I have a lot of sadness. I love your Sonic Slider. How can people kind of get started with sound, if this is the first time they're hearing about it?

Eileen: Well, so I always like to go from what's free and available, when we're talking about what we can do. Hum, whistle. Like, when was the last time you whistled? When was the last time you heard somebody whistling.

Jodi: Yeah, I sing along a lot.

Eileen: Yeah, sing, chant. Use your voice. Because sound vibrates your body from the inside. You've got low thyroid, well practice speaking in mid tones. Play around, like how can I vibrate. How can I vibrate my thyroid and give it energy. Like, just play with sound in your body. I think mantras are great.



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Eileen: It just takes me 10 minutes to make oatmeal. I put on a 10-minute vocal warmup. And do vocal warmup. Because that's just getting energy moving through the body, through the own pipe organ that is the instrument of you. And that's life-force. That's movement. And sound has levity. So, it's uplifting to the spirit. Put on the songs that you love. Sing along with them. In the car, cooking dinner.

Jodi: I always when I'm cleaning the house, put on music that I love and sing at the top of my lungs. And it makes hard things easier.

Eileen: That's right. Sing at the top of your lungs. It makes going through grief a lot easier.

Jodi: It does.

Eileen: It can make processing anger a lot easier. Music is a wonderful tool. We have endless amounts of music at our fingertips. How amazing is that? Even playing an instrument. I recently, about 6 months ago, started learning how to play the electric guitar. And I never thought myself as musical, kind of dyslexic in that department, fingers not very smart, hand-eye coordination. I had all these self-limiting stories. But I've been learning to play. And it's so gratifying. And it just feels really good to sit there and embrace the guitar. And feel the vibration in my body. That's healing.

And it makes you feel good to be accomplishing something. I only practice like 15 minutes a day, but I've already learned how to play 3 or 4 songs. I learned all these chords and it didn't take that long. So, that's something. Pick up a flute, pick up a drum.

Make use of sound, because it really does bring you into this moment. That's the thing about it. It's all about coming in this moment. This moment, at a certain level it's like all is well. And if we can get into the now, if we can quiet our mind enough to hear the birds, and just be, and breathe, then that starts to make room for...What I found with biofield tuning is that, as we start to soften and relax, then spontaneous experience of joy arise. And gratitude becomes easier. Things that we want to feel start to spontaneously show up.

Jodi: That's the parasympathetic state. Suddenly you feel safe and so, as opposed to seeing problems, you start seeing solutions and opportunities.



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Eileen: Exactly. And that's exactly it. And so, the more you can stay in that state, the quickly you're going to solve problems. That's one of my favorite things, is like, get right to the solution. Problem-solution. Problem-solution. Let's not thrash around in the problem. Let's express, and solve, and move on. And you see that much more clearly when you're in that rested place. The resources are almost always at hand here in the videogame of life. Otherwise you'd never get out of this level.

Jodi: Yeah.

Eileen: The solutions are at hand. And when your vision is clear, when your electric system is clear, when the noise and static is gone, you're like, oh look, there's a solution. It's there all along and I couldn't see it because I had too much "chhhh" in the way.

Jodi: Yes. No, that's fabulous. Is there anything...

Eileen: Well, I want to keep going on that list of things that you can do. So, those are the simple things with sound, music, your voice. There's more, like on my website, biofieldtuning.com, I have a whole bunch of archived audio sessions of me conducting group tuning. So that's what the one that you have, the vagus nerve one. And I conducted it a few years ago. I do it with the intention of working on everyone who was listening live, because they were initially a live broadcast. And everyone who will ever listen to the recording.

So, your hologram, because you're technically an infinite being, and you transcend time and space, was present in that time and space. So, when you listen to it, you're just downloading a transmission that was receiving. People are like, "How does that work?" And I was like, well, have you ever listened to a piece of music that was recorded a while ago, and you weren't there when it was recorded, and been moved by that recording? And they're like, "Well, yeah." It's just the same thing with these distance sessions. Like, people report being moved by listening to them and having transformative experiences.

And they're inexpensive. They came about because I had a one-on-one practice that just got off the hook and I couldn't see people one-on-one anymore. And so, I decided to experiment with working on groups and discovered that it worked based on the feedback that I've got. So, there's a whole bunch of those. Dozens and dozens of them on every kind of field.



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Jodi: Yeah. And it's like a software. You can download it on your phone or your device, and you have it. And it really does, it's an upgrade I think.

Eileen: And there are a couple of free ones there too. There's a 144 Strand Activation one that's very powerful. And there's an Overcoming Overwhelm which I think for this audience would be really wonderful. So, you can go and get those for free. Then if you want there's other ones for purchase.

Jodi: And they'll know what's working. Like, when I discharge, I kind of shake. You know when animals in the wild are safe, they shake to discharge. So, if you feel yourself kind of fidgeting a little bit, that could be...

Eileen: Yeah, definitely. And that happens in these when all of a sudden release happens and you feel in your body, you might need to shake out your wrists. When I'm conducting, there's are some video ones too, and you can see what I do, because I get all wiggly and shaky. And I keep moving around. I put myself in the hologram too. So, I've received all those. I've done actually over 300 of those, and put myself in every single one, and been able to receive the benefits of them. And they definitely make a difference. And there's a lot of people who've done a lot of them, or most of them, or even all of them, who all say the same thing. That they've really, really been transformative for them. And it's so accessible.

Jodi: So accessible. And I really think your Sonic Slider is very affordable. And you have some strategies for activating the vagus nerve. Do you want to share that?

Eileen: Yeah. Let me grab out mine. I meant to take it out before we got started. So, the Sonic Slider is a 93.96Hz weighted tuning fork. Weighted tuning forks have these barrels on the end. And this is designed with an extralong handle. And then it's also, I've got on mine, did you get a boot too?

Jodi: I got a boot.

Eileen: Yes. So, this is the circuit boot. And it has these little sort of cavities in the face of it that what happens is when you activate it and you start to slide it along your body, it traps sound between the base of the hole and the surface of the skin, and delivers this kind of di-di-di-di-di, targeted sonic, mechanical, acoustic vibration into the body. And that's medicine, that's energy. And so, what it does is it just puts coherent mechanical energy into the body.



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Eileen: And so, it has all kinds of benefits that people are discovering. It's been on the market for a few years now, but here's just a few things that people have reported - that it's improved their mood. It sort of evened out their mood. That they're having better sleep. That they have less pain. They get headaches and put it on, or joint pain and put it on, and pain goes away. Using it on their belly, they're reporting improved digestion and less food allergy reactions. Some people have been using on their scalp and saying it's growing their hair. But I think what it really does is it just relaxes you. It brings you into the moment, and makes you take a deep breath. And it's a very soothing and pleasing frequency.

Jodi: It brings you into the parasympathetic state. The other two that I like, I put it over my heart, and I think that calms me down. I use it on my vagus nerve. And then I live in 5G, like I'm surrounded by it. And I think that it changes my frequency so that I'm not as impacted by 5G.

Eileen: Yeah. I think because it does 2 things. It imparts energy. But it's based on the natural electric energy of the earth. So, the Schumann resonance is the background, healthy, natural electromagnetic signal in the environment, produced by all the lightning, and thunder, and all the other electrical activity in the earth. And the average frequency is around 7.83Hz. And so, you can't make a 7.83Hz tuning fork because it will be really, really long. But this one is 7.83 x 12. So, it has 7.83 embedded in it.

And so, the body is like, "Oh yeah, that's the vibe that I need to feel." That's the vibe that connects us to nature. So, even if we can't get outside. So, it's coherent. It's steady, so it's creating order and rhythm. And it's feeding the intelligence and the information of the body's electrical system. And pets love it and kids love it. And you can use the boot to like work out knots in the shoulder. You can use it to smooth lines on your face.

I've used it to tone my muscles. And I don't exercise or workout. I've just been putting tone into my body. And it's made me toned. And other people are finding this too. That it kind of sculpts the body. It helps get rid of cellulite. It's a wonderful self-care routine, where you just spend 5 minutes. Even you can sit in front of Netflix and just do it. Basically just rub it all over your body, towards the heart, like dry brushing, with firm pressure. Just rub it all over. Affirmations.

Jodi: And can you show how you would use it for the vagus nerve?



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Eileen: Yeah. So, for the vagus nerve, one of the key areas in lymph is all this behind the ear and down the side of the neck. So, those are definitely areas that you want to work. And even kind of coming into this whole area, because there's a lymph port. The top of your head will also just settle. It will go right down through the whole spine. And then that's going to impact the way that the nerves come up. And then the really simple one is just super easy to do. It's just putting it on your sternum.

Jodi: Yeah, that's my favorite.

Eileen: It's so easy. In fact I have a nurse who works in an ICU, in a very busy hospital down in Connecticut. And she just got hold of one of these and has been going around and working on all these frontline hospital workers who are just stressed out. They've all got their own PTSD from what they've been through. And she said that they're lining up for her to put this on them. And going, "Wow, I feel lighter. I feel better. Like, I'm ready to go back into the rest of my shift." And she's doing it for just like 5 minutes at a time.

Jodi: And even I thymus thump sometimes, which is not as good, but it's a similar energy. So, fist pumping on your heart.

Eileen: Well, it's the same idea, right? Stimulating the thymus. Just this is you're getting that little micro stimulation from the circuit of sound that's going on. It actually feels really good.

Jodi: It's amazing, especially during this time of kind of uncertainty and overwhelm. It's very calming. So, this is amazing. Can you let people know how they can find out more about you, please?

Eileen: Sure. So, our website is biofieldtuning.com. The tuning forks are available at the biofieldtuningstore.com. If you would like to receive a distance session, we have a clinic in Burlington. We have practitioners that work out of there. Actually my 19-year old son sees clients out of there. And they are all trained to do it at a distance, so it's biofieldtuningclinic.com. And you can book online and experience a session. I don't see people one-on-one anymore. But there is literally thousands of students and hundreds of practitioners around the world.



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Eileen: So, the website, you can find out whatever practitioner will work for you in your time zone. So, that's all there. And I have a YouTube channel. You just go on YouTube and search my name. And you'll find a whole bunch of different videos about all kinds of things, about electric health. And I've a book, Tuning the Human Biofield, which is available on Amazon.

Jodi: Yes, it's very good. I recommend it.

Eileen: And I have a new book coming out January 2021 that you can preorder on Amazon right now. It's called Electric Body, Electric Health.

Jodi: Fantastic. Well, thank you. This was such a pleasure. It's always wonderful to connect with you.

Eileen: Nice. Yes, definitely a pleasure. Thank you.