



Podcast Session #82

***Electric Body, Electric Health***

With Eileen Day McKusick

*In today's episode, Dr. Christine Schaffner talks with Eileen Day McKusick. Eileen is an independent researcher who has been studying health since 1987 and therapeutic sound since 1996. She is the originator of the sound therapy method Biofield Tuning and the author of the books 'Tuning the Human Biofield,' and 'Electric Body, Electric Health.'*

For more, visit: <http://www.biofieldtuning.com>

**Dr. Christine Schaffner:** Welcome everyone, to the Spectrum of Health podcast. I'm Dr. Christine Schaffner. Today, I'm speaking with Eileen Day McKusick, and we're going to be talking about Electric Body, Electric Health. Eileen Day McKusick is an independent researcher who has been studying health since 1987 and therapeutic sounds since 1996. She's the originator of the sound therapy method 'Bio-field Tuning' and the author of the books "Tuning the Human Bio-field", and "Electric Body, Electric Health." Please enjoy the podcast. I just love this conversation with Eileen McKusick.

**0:00:36.3 DS:** Welcome everyone, to the Spectrum of Health Podcast. I'm thrilled and honored to have Eileen McKusick on, and we're going to be talking about her new book, Electric Body, Electric Health. I've had Eileen on a few of my summits and I just love her work, and we're going to be diving in today. Welcome again, Eileen.

**0:00:52.8 Eileen Day McKusick:** Thank you, it's great to be here.

**0:00:54.5 DS:** We're airing this podcast leading up to my Body Electric Summit 2.0, which you're a speaker on. I thought this would be a great venue to share your work with my community via the podcast, especially because you have a book coming out, "Electric Body, Electric Health." Can you share a little bit about your inspiration for your new book?

**0:01:16.2 EM:** Well, the inspiration was my research of the last 30-plus years into health and wellness and human potential, and the last 25 years studying how sound affects the body. My explorations and experimentations with tuning forks on and around the human body led to an awareness and a sort of a

dawning understanding of the electrical nature of our bodies and also our environment. The more I got tuned into and turned on by this idea of electric health, the greater health and energy and focus I've experienced. Looking at the body electrically and acoustically and treating it on that level is actually much more efficient, effective and fun than approaching it from the traditional chemical mechanical perspective that we've all been conditioned into. So I wanted to share the good news with people, that there's actually two more states of matter, there's also two more forces of nature that you haven't learned about. When you expand your cosmological story to include all of this, it gives you new solutions to old problems.

**0:02:47.9 DS:** Beautifully said, and that's a lot of my inspiration for education around these topics. I'm for my own discovery and learning so I can apply this better to patients, and I feel like we just undervalue this. We're in the middle of a paradigm shift, and I think a lot of the direction of looking at, especially in my world, chronic illnesses, is about how we can look beyond the functional medicine perspective or beyond the biochemical method and just accelerate patients' healing with this approach and this knowledge. I love how you say, "It's more fun." I agree. I can go into the biochemistry, I can do the specialty labs, but we could see big shifts and accelerated shifts when we work on these other levels. I think there's just so much awareness and education that we still need to do around this topic.

**0:03:38.9 DS:** You mentioned a few wonderful things here. What I love about your work, Eileen, is that when we think about these topics, sometimes people can kind of close their mind and just think, "Oh, energy medicine, too esoteric," and dismiss how science-based and how factual this is, around how we are actually wired. We are wired to receive sound, we're wired to receive

light. We are electromagnetic. What do you mean when we talk about electric health?

**0:04:09.1 EM:** Well, what I came to see with the tuning forks working with the body, by being really hands in it through many, many thousands of hours of clinical experimentation, observation, and application was that the body seemed to have an electrical system in its entirety. I think that this is observed where there's a lot of odd division taking place, because most people get that their heart is actually electrically driven. If anybody gets a pacemaker that's regulating the electrical activity of your heart, if your heart stops, we jump start it with the same electricity that comes out of the wall. And as people get that their brain and nervous system, and the blood carries charge, or hear all this information coming out about fascia and collagen conducting electricity, you start to get this picture of "Wow, there's this electrical system that's powering all of this."

**0:05:06.2 EM:** There's current running through the body and that's what the difference is between being alive and dead. You're alive, your light is on. You have electrical current running through your system. And when you die, your light goes out and the EKG goes flat--that pulse, that rhythm of life has stopped. So that's our electric body. And when we talk about the biofield--historically, when they started talking about the biofield, it was coined to describe the field around the body, the energy and information of known electromagnetic and rumored to be subtle energies. That's the sticky widget right there. 'Rumored to be' subtle energies, that makes it all pseudoscience and woo-woo. But it's a basic law of physics, that anything that has an electric current running through it has a magnetic field around it. So it's very simple. What's the energy in energy medicine? It's electricity.

**0:06:00.2 EM:** We can move it with our hands. I'm electromagnetic, you're electromagnetic. I can affect your energy. I can affect it with my eyes, just by giving you a dirty look. That's electromagnetic. So there's nothing woo about it, nothing at all. It's all just basic physics. Tuning forks work with the principles of resonance and entrainment. They will initially resonate with whatever vibrate the body is vibrating, and in that way, they're diagnostic. If I hold them in an area where somebody has sharp pain, the tone actually goes sharp, and you can hear that, and I can hear that, and the body hears it. When the body hears itself sharp or flat or full of noise, it actually is designed to tune itself. That's how sound healing with tuning forks works, is that we find atonal zones in the body's electromagnetic field and just reflect that back to the body. So the tuning forks will resonate with it and the body will resonate with it, because a strong coherent frequency will overtake a weak incoherent frequency and it will entrain it into a coherent expression. So that's what happens. The tuning fork will keep introducing it, and the tone will harmonize and the body will actually harmonize, and then suddenly the pain isn't there anymore. This is all electromagnetic interaction.

**0:07:26.1 DS:** That's a great description. I wanted to land on this term coherence, because I think you talk a lot about it in your work, and the more I've studied the body electric and all of these different ways of looking at our health, I've had little talks where I say, health is coherence, so the more coherent our field and the information and energy around us is, the better our health, and that can be applied to sound and light and all of these other mechanisms in the body. I think this can still be a new word for people, so can you describe this idea of coherence and then dissonance or incoherence or however you work with those terms?

**0:08:07.5 EM:** What comes to mind is the work of the HeartMath Institute, they've done work with heart rate variability. They've discovered that when people are feeling love and gratitude and appreciation, they are producing coherent waves, they're producing waves that don't have noise in the signal, they're beautiful, orderly, harmonious expressions of our being. And when we feel things like frustration, anger, hate or jealousy, we start producing incoherent waves. The fact of the matter is, our electric body is the blueprint that our physical body is built on. It's got all the information and energy to keep the physical body in order. So if this system has a clear signal, if it is expressing coherent expressions, then that is going to inform the physiology to also maintain a state of coherence.

**0:09:12.2 EM:** The more we embody coherent expression...I think gratitude is really the way to go. It's so simple, and I know when people are in a really tough place, it's not so easy to muster, but you can start small and work your way up. My friend Ken Honda in his book, "Happy Money," talks about saying "thank you" 10,000 times a day. That's going to bring you into a state of coherence. And in that state of coherence, everything in your body functions. All the cells do their thing, and it's a happy work environment, but when we come under stress and we start giving off bad vibes, it's like somebody is yelling next to you, then your body doesn't function right. So health is coherence, it's making music, it's every organ running at its right rhythm and its right relationship to the other organs around it, and then us being in harmonic relationship with our environment as well. And that's rarely the case for most people to have that experience. Life is stressful. And we've inherited a lot of cultural and ancestral noise in our signals.

**0:10:28.4 DS:** Thank you for going through that. I love the work of HeartMath too, it's very nice. I think they do a great job. It's complex research, they talk about the heart-brain connection and all of that, but it's so simple--gratitude is such a simple practice and it's such a beautiful state to experience. You've just mentioned these cultural and ancestral influences that are taking us out of coherence for electrical health. Can you just share how you work with those patterns or themes with people?

**0:11:16.5 EM:** We recently conducted a feasibility study, a sort of pilot study to determine the potential efficacy of three remote distance biofuel tuning sessions for anxiety, and I was one of the practitioners in that. We had five practitioners, we had 15 volunteers, I had three of the volunteers that I worked with once a week for three weeks. Now, I used to have a really busy practice. Like you, I was in the clinic all day seeing people and treating them one-on-one. Because the sound works on the physical, the mental, the emotional, the spiritual, the ancestral, I was having a lot of success with my clients treating everything from pain, depression, general stuckness that people seem to suffer from, and I started booking very far out. And it just got to be too much, and I ended up switching my model to working with groups at a distance. And so, honestly, I haven't really seen three people for three weeks straight since 2017. So it was a really interesting experience for me to get to work with people and to get to almost see the experience through new eyes based on everything I've learned in the last few years.

**0:12:33.4 EM:** What I have come to recognize in people is that we are at our core, drops of sunshine. We're illuminated, radiant, joyful beings of light. That's who everyone is at their core. And what ends up happening is we get so layered with noise and lies, misinformation, bad inputs, difficult situations,

difficult characters, and our ancestors' experiences, because those absolutely inform us too. There's lots of science at this point that shows that. Our culture is very sick. I've had over 500 biofield tunings and anybody could come in here and start working on me and we would find more noise in the signal because I've had to work through my own experience, my own lifetime which was kind of traumatic, not massively traumatic, but traumatic enough that I'll go seeking healing and try to unwind all that out of my system. But also my mom was in Belfast during World War II, she was bombed out of her home several times. I was an egg in her belly, I had that experience. And what her ancestors went through, it all is information that informs us, so the knots that we're bound in are actually much more complex than most of us realize.

**0:14:04.2 EM:** I think a lot of people approach healing at the level of me and mine, and then fail because it isn't just about you and yours, it's about lots of bad programming and bad inputs and noise in the signal. When we clear the noise out of the signal and we start to amplify the true clear harmonious tones underneath, what I call our 'factory setting,' then we start to have the experience of that inner radiance which is our natural state. So everything else is just noise in the signal, as our natural state to be in harmony with the cosmos is coherence, and coherence is really a state of love and gratitude. I know that sounds terrifically idealistic in the world the way that it is, but it's there inside of everyone. It's just a matter of tuning into it and believing in it, amplifying it.

**0:15:07.3 DS:** I love this. I have a two-and-a-half-year old and I laugh because I tell my friends that she came from the happy planet. I think we're just programmed. Most of us come to the world with that connection to our inherent nature of being joyful and present. She just laughs all the time, and she

brings us to those spaces and feelings of joy and gratitude that she just naturally is in all day. I mean, she's a two-and-a-half year old, of course she has her moments, but I agree that we are wired to be joyful, and there's so much in life that can dim our light, but there's so many tools to of course heal that, unburden that, so we can experience that again. I liked what you said about the collective, and when I think of the body, I think about the living matrix, I think about the biofield, and then there's this field of energy around us that we can also tune into, not only help our own bodies, but also to create a ripple effect for healing the cosmos. How do you explore that? What's outside the biofield and how we're tuned into the collective?

**0:16:21.7 EM:** Absolutely. I'm one of those highly sensitive people that was told as a child routinely that I was too sensitive. Probably some of your listeners can relate to that. The consequence of that growing up as a highly sensitive person was to shut all that down, and to really go numb. I went numb for a long time, went numb with sugar, went numb with drama, disassociation, disembodiment. Healing for me has been this process of actually coming back into being and back into aliveness and back into connection with all of that. It's not an easy journey because it means that you have to feel it to heal it. It means being willing to feel your pain, but the thing is, you've already felt it once, so I think that we're kind of afraid. We've been taught to be afraid of pain and want to kill the pain and numb the pain and push it away, but really most of the time pain is an emotion that is trying to tell us something. If we yield to it and we hear it and we feel it, then very often the pain goes away with it. I don't think that's the answer to your question though.

**0:17:30.7 DS:** I love that, I think that's important, because a lot of people that are listening have a lot of pain or body sensations, and there's of course this

cultural story of how to suppress it, how to bury it, but we all know that it just only can last for so long, right? The body has a memory and the tools that you use through sound can allow people to connect with it, experience it, and release it, so then that's not compartmentalized or creating turbulence or even dissonance in their body, and that leads to health and healing. My question was just around how our healing in our own physical bodies, in our own field of energy, how that also translates to connecting to the collective field around us? I mean, as we record this, it's 2021, the world has gone through so many shifts, and I think a lot of people can feel disempowered or sometimes hopeless, or feel unsure how to interact with all of the layers of what's going on in society. It's like, how do we cultivate healing in our own body, in our field of energy? I have that kind of visual of a ripple effect into the field of the world around us when we do that. You're so into the quantum, so I was just wondering if you had any thoughts or experiences with your own community around that?

**0:18:58.0 EM:** Well, anything we change in ourselves, we change in the collective, because absolutely we are all connected vibrationally. We're all in the same energetic soup, we're all feeding it with our vibes, and we're either feeding it coherent vibes that are intuned with the natural world, or we're feeding it drama vibes that are incoherent, stressful, angry projections, and all of that, and you make your waves. You're basically either bringing harmony with you wherever you go, or you're bringing discord with you. Wherever you go, there you are, and that's how you're informing and influencing your environment. That's going to be your experience, and it's going to be the experience of people around you. We all know that good vibes are contagious, we all know that bad vibes are contagious. So, the more we work on ourselves to bring ourselves into harmony, the more we impact the world. It's absolutely

not a selfish thing to do, to take the time for self-care, because you're doing it not only for you, but for everybody who comes in contact with you, and even people who don't come in contact you, because we all inform the collective much more powerfully than we realize.

**0:20:17.0 EM:** I think one of the real mind sicknesses that I got infected with through secular education was the belief that I was powerless, and that one person doesn't make a difference and it doesn't matter...nothing can be further from the truth for all of us. We can all affect the world. Even if it's something as simple as giving a compliment to somebody that you're standing by, "I love your haircut, those are beautiful earrings, oh my goodness, where did you get those shoes." Those things, they lift people's hearts. It's not that hard to lift somebody's heart around you, and then they'll go pass it on. But we've got to be willing to lift our own heart, we've got to feel worthy. We got to tap into levity and syntropy. These are the things that I talk about in my book, and you start to understand that you're electric and that you're electrically connected to the natural world, and also to the man-made world as well. Part of this awareness is the ability to tune your dial where you want. And for me, that tuning of the dial is into gratitude. I guess you would call it a spiritual practice.

**0:21:28.5 EM:** I try to go to great lengths to tell people that I'm not a spiritual teacher because I'm really interested in health, my jam is health. It's not just spirituality, I want to have a healthy physical body. I want to get the most I can out of this weird experience that I'm having. When you're in pain and you don't feel good, you're not running around experiencing life and having fun. I think fun has become this dirty word, like we've all got to be doom and gloom

and hopeless and lost. I can't have that. I'd say, "No, you've just got to get coherent and discover your own aliveness, and the fact that you can still get joy and playfulness and laughter and light-heartedness." That's what leads to health, that's what we need really more than anything. Laughter is the best medicine and music is right behind it.

**0:22:24.8 DS:** Yes. And we all have access to that, right? It's like we all have the access to these emotions and feelings and tools, but awareness is the first step, and then observation and making a practice. I know you go through this in your book, but what are some ways to take better care of our electrical health? You've given us a lot of great emotional states and practices to make virtues in life. What are some other ways that you take care of your electrical health?

**0:23:01.3 EM:** One way that I think is super important is to really, really commit to speaking, writing and expressing only truth, to not tell any white lies. Because any time you do, you're putting yourself out of electrical integrity, you're taking coherence right out of your system, and then that's just going to breed drama. So before you say or express in any way, ask yourself, is this the absolute truth? Nothing but that is going to come from me. So that's one really simple way. The next way is to express rather than suppress. To suppress our truth, to hold ourselves back, to stop ourselves from crying, to make ourselves be strong, to bite our lip when somebody has just done a boundary violation--it takes a tremendous amount of energy to hold yourself back. So finding ways to healthily and diplomatically express--creatively, artistically--just get it out. It's better out than in. This is the motto of Biofield Tuning. There is all this energetic constipation of people holding themselves in and back and judging this and that.

**0:24:09.6 EM:** We don't need to just sit down and shut up, we need to get up and make noise and sing and dance, that is the biggest way to really juice up your electricity, through joyful expression. Take some singing lessons, there are so many free things on YouTube. Tone, chant. Sing in the car, turn on music while you're making dinner. Dance around, get jazzed. Get the juice running by getting the juice running. If you can't even do any of that, do humming. You can sit down and you can hum and you can move humming around in your face and in your body, and that's going to add energy, that's creating electrical energy in your body through resonance and movement. Eating food for the most part that is living, that has a light in it. It's the electricity, it's the light in food. If you eat sugar, for example, I ate, I don't know, thousands of pounds in my life before I finally mastered my addiction to it. It has no light, it has no life, it has no juice. In fact, because it has nothing, it actually sucks energy out of your body as it goes through you, under the guise of giving you a little rush, it's such a liar.

**0:25:23.1 EM:** So before you eat food, whether or not it's organic or conventional, if some looks old and lifeless and some looks like it's still full of juice, then go for what's juicy. Really, just go for what's juicy everywhere in life, and the people that you love, and the things that you love. Otherwise, we just dry up and life becomes bitter, and that's not aliveness. It's a willingness to really recognize your electric self and feed your electric self. What jazzes me, what juices me, what enlivens me, what makes me feel coherent? And do as much of that as you possibly can. Here's one more, and that's breath. Because we can go for weeks, some people don't eat, that I've learned of lately, and some people could go for weeks or days without liquids, but we can only go a few moments without breath, and so we've been trained to think of our breath in

terms of this chemical thing. Oxygen, and our body runs on oxygen, but the fact of the matter is that the oxygen molecule has four free electrons, and it's the electrons in oxygen that bind to the hemoglobin electromagnetically in our blood, and it's those electrons that get dropped off at cells.

**0:26:34.0 EM:** So if you're sitting around hunched over, doom scrolling and you're not breathing, you are not getting all the electricity to your body that it needs, and so anything that you can do to liberate your breath, to remember to take more full breaths during the day, to breathe fully into the belly, to breathe in with gratitude, like juicy breaths, being by the ocean, being in the forest, being by waterfalls or rivers, all of that is absolutely enlivening because it just gets more of the fundamental primary source of electricity in your body.

**0:27:12.3 DS:** I love some of your terms. Energetic constipation, right? I'm going to be screening for that in my practice. I think these are really great tools and tips. And I'm just so curious, because I think you have this beautiful system using sound, and so you can measure people's electrical states through sound. Are there other modalities or insights that you find in people? I mean, people can just tune in to how they're feeling, right? If you're not feeling good in your body, your electrical health is probably needing to be supported, but when you think about some of the signs that you've been studying, are there other windows or measurements to our electrical health that can give us insight?

**0:27:56.4 EM:** Well, a couple of things come to mind. So low voltage and low pH are the same thing. So again, we're translating chemical speak to electric

speak. We know that disease happens in a low-pH environment. That's because there isn't sufficient electrical juice to power everything. If you translate low pH into low voltage, that's just a sign. It's a sign that you've been discharging more than you've been recharging, you've been saying yes when you mean no, you've been putting other people's needs ahead of your own, you haven't been feeling worthy of a nap or self-care. And you know what? Nobody's going to charge you up but you. It's your job to recharge yourself. Here's just a really simple way, and that is, if you think of your voltage on a scale of 1 to 100 in your little inner battery meter, on a scale of 1 to 100, where is your charge at right now? Usually when I ask that, a number comes to mind for people. They just kind of know. Did you have one? What was yours?

**0:29:00.0 DS:** I mean, I have my bulletproof coffee here, so I'm at 90, I would say.

**0:29:03.7 EM:** Nice.

**0:29:04.1 DS:** I'm enjoying my conversation with you. I'm enlivened, and it's the morning. So I feel really good right now.

**0:29:12.5 EM:** So running between 90 and 99, 90, and 100, that's optimization. And what I hear from most people when I ask that, is 70. Some people say 60, some people say even lower. When your phone gets to 40%, it drops pretty fast after that, and the body's really no different, and so we want to start to monitor that inner battery and aim to get it up, because no matter what, you're going to have to expend the same amount of energy during the day, so why not expend it in that 90-100 range instead of that 60-70 range?

You get so much better gas mileage up there. You're focused, you get things done, you know what you need to do, you're clear, you feel light, you sing. It's a very much better place to operate from, and it's not that hard to get there if you sort of understand what you're doing. Here's a really simple way, when you think about doing something, if it makes you feel, "Ahhh," that's going to charge you up, and if it makes you feel "Ugh," then it's going to take you down. And obviously, we all have times in our life where we have to do a lot of the "ugh," and there isn't really anything we can do about it. I've certainly been there, but you've got to take the "ahhhs" where you can.

**0:30:26.8 EM:** And again, nobody's going to give them to you. You've got to take them to yourself, and know that the more "ahhs" you take for you, the better you're going to be able to do those "ughs", for the people around you. So it's not selfish to take care of yourself at all. It's absolutely necessary, and it's better for everyone around you if you do.

**0:30:46.7 DS:** I think that's so well said. As I've been exploring your work and also these concepts in the Body Electric, I also think about how to feel empowered, not only in your own body, but also how you can support and create positive change in the world is that you can be a tuning fork. Your field of energy can be a tuning fork for higher vibrations, or good vibes, and that can have a resonance and a ripple effect. So as you're speaking, I'm thinking of embracing that. Your energy can lift up not only yourself but others, as we've been talking about throughout this conversation. Eileen, we covered a lot, and I think you always have so much wonderful information to share. If people want to dive deeper into learning more through your book, or you're doing trainings, you have this wonderful community around biofield tuning, can you

share a little bit more about how to connect with you, and of course, how to find your new book?

**0:31:45.7 EM:** Absolutely. So the new book is "Electric Body, Electric Health" and it's in paperback and Kindle, that's available everywhere. You can find it in any bookseller. The website companion on that is [electrichealth.com](http://electrichealth.com). You can also visit [biofieldtuning.com](http://biofieldtuning.com) and learn about biofield tuning. We're now offering a virtual certification program that I actually don't teach, but I have wonderful teachers who do, and we discovered very joyfully that biofield tuning can be taught successfully at a distance through virtual learning, and we've gotten incredible feedback from students, many who've said it's the best online class they've ever taken. I'm really proud of my team for putting that together and making this work accessible for people wherever they are in the world, and so that is an option. Also, there's lots of tuning forks and other things that I've created and invented at the biofield tuning store, including a whole library of audio sessions that I've conducted over the years on all kinds of aspects of being human that people find very helpful to shift their state and change their perspectives.

**0:33:00.1 EM:** Those are also an option as well. Oh, one more, we have practitioners all over the world, so if you want to get a session, you can find a practitioner, and everybody's trained to do it at a distance as well, so I definitely recommend giving biofield tuning a try, if that's within the scope of what's possible for you. I always recommend people do three sessions and see what you notice. It can be really life-changing.

**0:33:23.9 DS:** I love that, and the silver lining of this experience is that you can reach more people, and we can really embrace that this work can be

done at a distance. You have a prolific amount of work that you've created, and a wonderful community, and we'll post where to find your book. I just can't thank you enough for spending time with me for another interview. So thank you so much, Eileen.

**0:33:44.5 EM:** You bet. My pleasure, Christine.

**0:33:48.9 DS:** I hope you enjoyed my conversation today with Eileen Day McKusick. Please check out her new book, "Electric Body, Electric Health" and please find her talk on the upcoming Body Electric 2.0 Summit, to find out more details. You can experience this summit live and for free, the week of February 22nd, by registering here: [https://bodyelectric.byhealth-means.com/?idev\\_id=27814](https://bodyelectric.byhealth-means.com/?idev_id=27814). We hope to see you there. Have a beautiful day.