



Sound Therapy for Resolving Trauma

Guest: Eileen McKusick

Niki Gratrix Hello everybody and welcome back to the Trauma and Mind Body Super Conference and in this episode I'm super excited to invite Eileen McKusick. Welcome, Eileen, to the Trauma Summit.

Eileen McKusick Thank you for having me.

Niki Gratrix Now, just for our audience, I'm very excited by this topic, Eileen is really, she's a world leading expert and thought leader in the area of vibrational medicine, sound therapy.

She's an award-winning bestselling author, we'll talk more about the book and you got a new book coming out as well.

She's the founder of the Biofield Tuning Institute and she is really a thought leader in the areas of electrical health and biofield science.

And I've recently learned about sound therapy, I've been working on it for myself and my clients with trauma and with emotional imbalances and so on. I think it's super exciting, I think it's massively underexposed and people need to know more about this work.

So Eileen, tell us, it'll be really interesting to see how you got into the field and how you started with this, how did you get into sound therapy?

Eileen McKusick Back in 1996 I had a part time sound therapy practice, I had a part time massage practice but it very quickly became a sound therapy practice. I had gotten into massage for my own health, I had been owning a restaurant that had been incredibly successful and I'd spent years of 100 hour weeks on my feet. And I had destroyed my back. I destroyed my health. I destroyed my emotional body. My nerves were fried. My adrenals were cooked. I had basically become a basket case. And I threw in the towel from the restaurant and went to massage therapy school.

I was interested in natural health and wellness. But I didn't want to go to naturopathic school. That was something I'd been thinking about. I didn't go to college out of high school and it seemed like that would have been a really long education. And massage seemed like a good way to kind of get my foot in the door into that. And so I was doing massage part time and also owning my restaurant on the side and reading a lot of books.

So I would say when I was 18 back in 1987, I became interested in self-help books because I had become bulimic when I was 17. And when I was 18, I tried to stop and I couldn't. And I discovered that I had this disconnect somehow between what my body was doing and what

my mind wanted it to do and I had a lot of depression. And I think that growing up in America, even back in the 80s, you kind of emerged as a teenager, sort of defeated and feeling powerless and that there's really nothing anybody can do about the mess and very inwardly divided in myself, with this sort of aspect of self that had become an addict.

I was in the grips of addiction to food and bulimia, which is an incredibly shameful practice. I mean, anybody who's an addict that does anything in secret, you know what I'm talking about, it is deeply shameful. And so I tried to figure out why I was sick and how to heal myself. And I was always kind of a geek, I skipped a couple of grades and I read really fast and so what I did was I read literally hundreds, between the age of like 18 and 20. I read so many different self-help books this was when that genre was really starting to explode. And I figured out two things. I figured out that it was that I've been programmed by my culture to be sick like that.

Our culture holds up two signs to women especially and one is being skinny and the other is to consume. And I'm a Libra, I'm what I call a bothist, I'm not a Republican or Democrat, I'm both. Anytime there's an either or question or equation, you tend to see both options. And so as a bulimic I could consume and be skinny and so the other thing, so I didn't feel bad about it. I think anybody with any kind of addiction, especially related to body image, our minds are poisoned and we respond to our programming. That's part of being unconscious versus conscious, is recognizing what programs you're running that you didn't install and that you can actually delete them and reprogram them, what a mind hacking thing is all about. And it's made a lot easier with sound and thinking electrically as we'll get into it. But the other thing I figured out was that it was my hand and it was my mouth, and if I wasn't in control of me, who was? What was? And so it dawned on me that I really had to take responsibility. No one's going to save me, no one is going to fix me, my hand, my mouth, somehow or other this bit of me that I've lost control of is my responsibility to get under control. And I was able to stop the purging, but I was terrifically addicted to sugar. And in my late 20s became overrun with Candida and all the symptoms that go with that. And part of the healing yourself from that is really getting sugar out of your diet. And so when I tried to stop eating sugar, all this anger started coming out because I was pacifying my anger with sugar.

And back in my 20s, I was like, oh I'm spiritual, like, I don't get angry. But then, I need to get brownies now. And I had no idea, and I started this as a child. There's a picture of me. I'm like two and a half, I'm lying on the floor in the pantry and I look like a stuffed doll. I have this big box of Lucky Charms, an open box of Lucky Charms next to me and clearly at age two and a half eating myself into a carb coma. And that was the way that I manage my challenging circumstances as a sensitive empath as the youngest of six children. And they're all much bigger and older than me, I just started to stuff everything, emotions weren't permitted and so I just pacified myself with sugar.

And so I was using the sugar to manage those emotions and I didn't even know it. And so when I started using the tuning forks in my massage therapy practice, I got them because of all these books that I read in Natural Health and wellness.

Anybody who's a researcher and you're probably the same you know that you get interested in a topic and you read all about it, and then that leads to another, leads to... Sort of like a rabbit hole after rabbit hole. And which has been so fun for me in the age of the internet as a

researcher, like anything I want to know, I can ask and find out. And so what I discovered was that, I think I've read the book, Quantum Health by Deepak Chopra. And in it he talks about how everything is vibration, when it comes right down to it there's no such thing as a particle.

A particle is an artifact of human senses of perception. Ultimately, what we are in is the electromagnetic field of waves traveling through space, it's just a big matrix. And of electromagnetic occurrences that our senses decipher and make it appear to be solid. But it's not, everything's moving, everything's electrical, everything's a process, right?

Niki Gratrix Yeah.

Eileen McKusick Yeah. So if everything is vibration ultimately my body is a packet of vibration and then treating vibration with vibration is very logical, very simple, very elegant. And then I started reading books about themes of sound and color and music, like basically vibrational healing. And back in the mid 90s, there wasn't a lot, but I went out and found everyone I could read them all. And then I got a Gaia catalog with a set of tuning forks for healing in it and just ordered them on impulse. And I started playing with them in my massage practice and started observing really wild stuff like right off the bat, it was so fascinating.

I thought that if you had a tuning fork that was the note of C and you activated it and I held it over someone, it was going to sound like a C. That's not what happened, depending on where I held it around the body, it would go sharp or it would go flat, or it would go really quiet. All of a sudden, even if I'd use the same kind of strike in some places, it would go really loud and sometimes skeptics hear that and they're like, oh it's room acoustics, it's the Doppler Effect.

And yeah, I mean, all of that is involved, but it only takes a few minutes of playing it before you realize that there is definitely another signal involved too. How can the same person be on the same table in the same room and they're going to sound different every time because I'm working through different layers of information.

It's not just what the skeptics might think, there's a definite, I mean, everything in the body is in motion. And everything in motion creates waves and waves propagate. And so the body gives off vibes and we all feel it. I mean, I say to audiences who have ever gotten a bad vibe off somebody and everybody raised their hand because we all sense these vibes. And if we actually have an organ of sense for vibes and it's something that a lot of people don't know about on every cell membrane, we have these little antennas called primary cilia and they house microtubules. And these are constantly sensing the vibes in the environment as well as transmitting the vibe of the cell, the health of the cell.

We know that they figured out how to listen to cancer cells and healthy cells and cancer cells sound horribly out of tune, and healthy cells sound like music. And it's the same way with a system, a body that is healthy and in tune gives off coherent vibration. That's a good vibe. That person's got a good vibe, I like being around them, they feel good. Because they're groovy.

Whereas that other person has got all this energy of fear or anger or hatred or whatever. And those are all waveforms that we understand that are being propagated towards us and we feel them.

So the tuning forks intersect those vibes. And even though they're extremely high frequency and extremely low amplitude, they're very weak. They intersect with the overtones and undertones of the tuning fork. An aluminum tuning fork produces technically an infinite number of overtones way up, you don't hear that, but those very subtle waves intersect, the waves coming off the body. And that sonic information precipitates down through the octave into the hearing range.

And so this is what I found early on with the tuning forks. If somebody had pain, if they had sharp pain over a shoulder and I held C over their shoulder, it suddenly sounded like C sharp, it got really sharp and bright like it was reflecting that vibe. And if I kept on activating the fork and bringing it back to that same spot, after a few moments, it started to sound like C again, it didn't sound like C sharp anymore. And then when it sounded normal and I stopped the person. I'll never forget the first time this happened. This person rotated their shoulder and they were like, oh, my God, all the pain is gone and we both looked at each other in amazement.

I had no idea what was going on, it sounded funny and now it doesn't anymore and now you're better. So that was really what's so fascinating and many things like that. People would come back and say, I slept through the night or now all that pain went away or I don't feel sad or depressed today. And then they'd be like, do that sound thing again. And so I stopped doing massages very quickly. It was only really a few months that I did massage. I just started working with sound in the beginning, I had colored light bulbs like every single color of the spectrum and I had a surround sound stereo with a subwoofer under the table and I was using color and music and tuning forks for hours, it was fun. It definitely produced neat stuff. But ultimately everything sort of just pared down to tuning forks because I discovered that was all I really needed in order to help sort of shift states.

So I did the tuning fork work as a hobby for like 10 years. When I told people in Connecticut in the mid 90s that I was using tuning forks for healing and clearing people's chakras, you can imagine how they responded, right. And that's hard when you say something like, I'm doing this, it's cool and you get that really skeptical kind of response and I got that for years.

I'm actually extremely left brain, I'm very logical, I'm very rational and very efficiency oriented, solution oriented, I'm very logical, driven by logic more than anything. And so to have people see me as some kind of crystal packing, new age, airy fairy kind of healer, that's not the look I'm going for. And so I didn't want it to be my vocation. So I sold the restaurant and then I started a business and I was going to blow that up and sell it to some corporation, and that was my plan. But then I made a discovery because I kept the hobby going, I saw one, two, three people a week for years.

I made a discovery one day where I found a place where the energy went loud, about three feet off of somebody's body. And prior to that, I'd only been working over the body. So this person had pain, they were complaining they had pain in the neck and a sense of pulling, and they'd been to all these different practitioners and nobody fixed them. And just sort of

by accident, by odd circumstance, I ended up walking through her field with that activated tuning fork and I found this loud spot.

Now, previously in my early explorations, whenever I found a loud spot, I was like, OK, well, loud probably means there's more energy. And since I'm working with the chakras, which are energy centers, it should probably sound loud over the energy center and not out here over this left hip, where the person is complaining of pain. And I discovered that the tuning fork could act like a magnet where I could activate the tuning fork, find the loud spot, stick the fork in it, and actually drag the loud spot along with me. Like a magnet moving iron filings and bringing it to the energy center and sort of dropping it, and it felt like it was sucked in. And then it wouldn't be loud where the hip pain was anymore, it would be loud in the center, and the person would be like, my hip pain is gone.

What I didn't understand then, which I understand now, is that it was an imbalance in the electrical circuitry of the body and they were running too much voltage through the wires in that zone of their body.

Magnetic fields guide electric current. So the magnetic field around the body is actually informing and influencing the way electricity is running through our body. And so by moving that loud spot, I was actually shifting the magnetic field, which was causing the electric current to move out of that place, sort of like a traffic jam of congestion and inflammation and guided that electrical flow back into the nerve plexus. Because everywhere there's a chakra there's a nerve plexus and then that would distribute it back out into the system.

So I had kind of developed this little practice of finding loud spots and moving them into the center of the body. But I was just doing it for the shoulders and the hips. So here I am finding this loud spot out here and what I ended up doing was, I call it click, drag and drop. I click on it and drag it along and then drop it into the body and it felt really weird to be moving it so far. But she called me the next day and she said, "Eileen, all my pain and discomfort is completely gone." And I was like, whoa! And so the next person who came in I was like, I wonder what else is going on in this atmosphere around the body.

Then I started around six feet away and I started just, it's like sonar in a way, you sound a fork, it bounces off the body and it comes back with a signal. And there's a whole language there and over the years that followed, as I started to explore the field, I discovered this whole acoustic terrain. There's an actual anatomy and physiology to this magnetic field around our body and it seems to hold all of our memories.

So I can find very specific memories in very specific places in the field and they sound a particular way. You found out that your partner was having an affair and then you went through a difficult divorce. Then all of the fields that you feel or vibe are being generated in your body and those are your memories and they appear to be stored in standing waves in our bio magnetic field.

So we all have this kind of personal cloud storage around us. Our biography of our whole life and even our ancestor's life is all present and accessible in this field. And I mapped it all, I discovered the different zones stored different emotions and different proclivities and

different imbalances. And there's rivers that go down either side of us that hold the ancestral information of our mother and our father. All these different features and this timeline aspect.

So just like trees grow up in the center, our hair grows and moves away from you. The vibes that we produce now move away from us in time. So the outer edge of a field and there are about five or six feet on either side. It's a toroidal bubble with a channel down the middle. Very standard fractal electrical shape, the toroid. And the outer boundary, so the sort of membrane which is practically the same as the Earth's magnetic sphere or the sun's heliosphere, any electric body has a magnetic field, and that magnetic field is bounded by an area of greater electrical charge, so our biofield is no different.

Inside, the information inside is from our gestation and comes out into birth. And then using a tuning fork is kind of like dropping a needle on an album and reading the vibrational record of somebody's life. And that divorce, that affair and divorce, all of a sudden the needle's like it's reading all the incoherent vibes that you're giving off, are all laid down right there.

Now, the amazing thing is not only can we find this and be like, this was around age 30, it's on the left side of heart, that sadness. It's like, oh, yeah, that's when that divorce happened. So the person on the table can very often hear the distortion. All of a sudden that feeling might come up because we're resonating it and then tears might come to their eyes. And so the tuning fork is resonating, it's telling the story, it's empathizing with that experience. But then, because the tuning fork is producing a strong coherent vibration, it actually entrains the body into a more coherent expression of the body, using that biofeedback, that input to hear its own noise. And it's like a self-tuning instrument, it hears the noise, it starts to loosen things and tighten things so that the combination of the fork doing its work and the body's response to it.

Suddenly, all that deep old tension that you are still holding around that trauma, that's showing up in left shoulder pain. All of a sudden that's been harmonized and all that energy, all that bits of you that you lost there because you got so broken.

Because energy gets trapped in these chaotic waveforms, it's like soul loss, we left that piece of ourselves behind there. That is a light that is accessible and once the chaos of that signal settles down, the line becomes liberated. That's the loud stuff that we're moving around, its light energy, it's electricity, it's lifeforms. And so we separate that we settled that all down so it's not noisy anymore and we bring that light back in and drop it and it goes into circulation.

And so we're all full of mini and maxi traumas in our field, right? But the amazing thing is that this is such a simple, noninvasive way of finding where those are literally in our memory banks. And working at the level of the electronic electromagnetic information of that memory and reprogramming it, changing the actual way that it sounds in our own being.

Niki Gratrix Fascinating. That was great and really interesting. So I also wanted to say, I mentioned to you in the pre-interview to also just tell us or give a little bit of context for people as well.

I'm seeing increasing research, mainstream research in the sort of electromagnetic spectrum fields in general. Whether that's light, sound, vibration, pulsed electromagnetic fields and so on. But I have been looking into the sound therapy, now in your book, just as a brief overview, sound therapies already in the conventional setting.

Sound therapies are already being used, isn't it, on the physical body for healing in a little bit of a limited way? As a little overview of what it's used for at the moment?

Eileen McKusick Sure. I mean, sound is being used conventionally in the practice of lithotripsies. So that's when you have kidney stones that are too big to pass, and they put you in a bath of water and pulse these frequencies, sound frequencies into your kidneys. And what that does, sound opens up space between molecules. So as the wavefront of the soundwave comes and it hits the kidney stone, it opens up molecules and it breaks it into smaller pieces that you can then pass.

So that's one way. I mean, certainly ultrasound, we're all familiar with ultrasound. It's used diagnostically and therapeutically, and there's more and more treatments coming out, too. I mean, it's definitely the same with light and vibrational medicine.

Electric medicine is starting to pop and it's starting to pop all over the place. And it's dawning on people that their bodies, in addition to being chemical and mechanical, are also electrical, primarily electrical. And there's a lot of great teachers out there that are talking about this. I'm just one of many that we're all kind of showing up at the same time from all of these different angles, but basically telling the same story - that our electronic health is primary and that if we focus on that, our chemical, mechanical health takes care of itself.

Niki Gratrix This is it. You've created something called the sonic slider. And I was mentioning again, I found papers, PubMed papers showing that sound therapy is being found to stimulate stem cells, change genetic expression. which is what's happening in the vibrational community in the science side as well.

So I think that could be some of the explanation about how your sonic slider works as well. So people need to take that on board. Sound therapy changes genetic expression and stimulates stem cells, it will help to regenerate the body. And that was the audible range. Which is where conventional medicine hasn't been so focused.

So this needs to gain more recognition so this is not woo-woo land. So this is exactly the point I'm trying to make as well. So sonics, do you want to mention some of your experiences with the sonic slider? It's a tuning fork that you've created.

Eileen McKusick I'll definitely talk about that, but I want to talk about woo-woo land. Because I think the woo-woo land thing when it comes to energy medicine is that we simply don't understand the energy in energy medicine. And it's kind of a weird thing that people have had blinders on.

The energy in energy medicine is electricity. That's it. And back in the 50s, when scholars started hanging out in the Chinese area they translated Qi or Chi into electricity. The eastern perception of it is more nuanced than the Western perception, but it's the same thing. It's light, it's a life force, it's a movement of light energy.

So our light is primary, our electrical being. We're not our bodies. When you die, when your light goes out, your body's still there but the light that is you is gone. That's your electric body. That's the same thing as your soul.

We've taken this whole science and spirit division thing and we've taken the electric aspect of our body and kind of put it in the realm of spirituality. So for the average layperson, there's no understanding when people are doing energy medicine and this sort of thing, what they're even talking about, because they might get their heart electric or their brain is electric. But most people don't see the bigger picture of, electricity is what animates you.

And so in order to be healthy, we want to have high voltage. We want to have like our maximum potential, I guess, our optimum amount of electric current running through our system. And we want to have the least amount of noise in our system. And so while some people might have a hard time grasping the sort of magnetic field thing, the sonic slider is a tuning fork, so this is what's called a weighted tuning fork. It's got these barrels on the end that are weights. And what the weights do is that instead of activating the tuning fork and hearing it, like the kind of tuning fork you use to tune an instrument, this is designed to actually send the vibration down the handle and into the body. It has attached to it this little boot that I invented that is called the circuit boot and it has these little divots. And what they do is they trap sound waves between the surface of the skin and the base of the divot, and they provide targeted sonic coherent mechanical stimulation to the tissue.

Now, a study was done last year at Harvard where they discovered that damaged tissue that is mechanically stimulated heals 2.5 times faster than non-mechanically stimulated tissue. Well, we're all bathed in so much electromagnetic radiation at this point. In my experience, using devices that plug in or that have batteries is putting more dirty electricity into our bodies. Most of us are not outside being grounded. And the last thing any of us needs is, in my opinion, some kind of device that is man made electricity that is being applied to us. I am acoustic all the way.

And so what this does when you activate it and you activate it by, this is the striker and you just bump the times against it. And what it does is it makes them blurry so you're feeling the vibration. Then what you do is you just rub it on your body. This is what I've been doing for quite some time now, I invented this boot maybe six months ago. I don't exercise. I don't work out. I don't lift weights. I don't do yoga. I'm a writer. I'm slumped over my laptop. I'm learning electric guitar. I'm slumped over my electric guitar. I don't go for walks. I don't go for swims. I eat chocolate and cheese. And I have completely transformed my body because not only does mechanical stimulation repair tissue, it tones tissue as well. And that's the premise of standing on those big vibration plates that will loosen the joist of your old house. It's shaking you up, it's adding tone.

This is a much simpler way to do that, a lot less expensive and a lot better for your house or your downstairs neighbors.

What you do is you just cover every inch of your entire body that you can reach your arms, your legs, you do it like dry brushing, mostly towards the heart. The muscles in my legs have become so defined, my core muscles, for me, because I had trauma, sexual trauma as a child and that was part of my eating disorder.

I was not present in my core muscles, they weren't firing. I had disassociated from that part of my body and I had a big belly and a muffin top. And even though I tried yoga and I tried all kinds of different abdominal things, it doesn't matter if you're going through the motion and those muscles aren't connected to your brain, if you don't get in there. And so using this on my pelvic region, on my lower belly, sending this coherent mechanical energy, which a body translates just like the ear translates sound into electromagnetic signals through the brain. The body does too, the skin and everything.

So even though I'm sending in mechanical stimulation, my body, it's becoming electricity, its movement, its energy. And so that energy goes into those deep muscles that were disconnected from. And it starts to wake them up and it starts to get them to fire.

Niki Gratrix That's amazing. I'm wondering if even with this sonic slider that you actually could be breaking up standing waves in the field that relates to trauma, that is then changing epigenetic expression, leading to anti-aging properties which I personally experienced with this sonic slider and weight loss. And you could say you're actually getting everything.

You get released trauma, lose your body fat, get thinner, look younger and not be traumatized.

Eileen McKusick Yes. And people who are using it report all kinds of benefits. They're sleeping better, their digestion is stronger, their mood is improved, they have more energy.

I'm of the opinion that it also increases bone density, because when you use it and you press very firmly and you think about your bones, you're energizing a bone. Bone health is so important to overall health. It's something that's overlooked. And so when you stimulate the bones just like you're stimulating tissue, it's tissue, it's just dense tissue, it's getting stronger.

Niki Gratrix That's factual because I sent you some papers, and one of them is How Sound Therapy Stimulates Bone Regrowth. It stimulates bone stem cells, that was the papers that I sent Eileen before the talk.

Eileen McKusick Lots of scientific evidence. And I'm 51 and I feel and look younger than I did 10 years ago. Since I've been using this tool and really understanding electric health, sound is rejuvenating, sound has levity. We're still thinking about gravity and it's pulling us down pulling us down.

You listen to a Kirby and Steel Drum band. You can feel the levity of sound in your system. That's what we need, we need to counter the entropy of a world falling apart. We need to counter the heaviness of the pressure that we're all feeling with levity, with centropy, with order, with energy. And the beautiful thing about this tool is you only have to use it like 10 minutes a day, 5 minutes in the morning. I keep it next to the toothbrush. Do it 5 minutes in

the morning, 5 minutes in the evening. Consistency is key if you use it every day your friends will start saying you look different, what did you have done?

Niki Gratrix Yes. That's exactly what's been happening, it's great. Do you want to share similar experiences just perhaps through your trainers or working directly with clients, on experiences of people clearing emotional imbalances and maybe healing PTSD. Your experience using the sound therapy for that specifically?

Eileen McKusick Sure. We don't say that biofield tuning is a standalone treatment for any kind of extreme anything. So we won't treat people who have extreme PTSD unless they have a team, and that they're receiving support from many different sides, nutritional, body work. I believe that extreme anything requires a lot of different angles of approach in order to heal it.

Certainly mild to moderate things, we can work with people one on one. And we've seen very dramatic responses, I mean, over and over and over too many to count. Because essentially what this work does is it finds any place in your history, big or small, it finds the biggest ones first, where you've experienced a lot of upset and there's a lot of chaos there. And people who've had repeated trauma, trauma from birth and all through childhood as in adulthood. The field around their heads is actually just, it's so overloaded with backlog, unprocessed, just noise that you can't think your way out of that. And it's not your fault because that all started when you were really little and very often it goes through generations.

So if you're trying to heal your own trauma on your own or thinking, you should have gotten further than you have, don't underestimate how that has affected your wiring. It's very hard to change your wiring from inside out because energy flows along established pathways.

So if we grew up with trauma, we're going to keep on repeating those patterns because now that's what's running in our body and we're attracting it. It's not that out there needs to change before we change in here. It's that we need to rewire our circuitry and once we are giving off a different vibe, we start having a different experience and other people start having a different experience of us.

All of this noise makes us not perceive life as it really is. So this is why people get triggered when nothing's really going on, but that whole experience is so real inside that something like that just sets it off and makes it so real. This is all in here, this is all around us, all in our cloud, and so we can very systematically work with people.

So this trauma is frozen in our fields, is a pocket of noise and the sound goes in just like with lithotripsy where you break up the kidney stone, the sound hits that pocket of frozenness, and it breaks it up and it gets it moving, starts entraining the waves. And all of a sudden the body starts to relax because any kind of frozenness in the field is a frozenness in the body and when we're in a state of freeze, we can't process new information.

So it starts to unlock all these places where we had a bad input that made us do this. And the more that you have of that, it's frozen in your field, it's frozen in your body. You can massage yourself all day long but unless you get that freeze out of the electrical system, that tension

is not gonna let go. It's the electrical system that's keeping it that way, if you relax the electrical system and then change the way that energy is flowing and bring it back to center and you start to break down what we call, what Eckhart Tolle calls the pain body and you start to build up the light body. And the person starts to have more and more experiences of themselves, feeling neutral, feeling at rest and those periods become longer and longer and the periods of chaos and in your stuff become shorter and shorter and less and less intense. And over time, we come out the other side.

Niki Gratrix Enlightened.

Eileen McKusick Yeah enlightened. Enlightenment is not such a big deal. It's just knowing that you're electric. That the electricity in you is invisible and that it's connected to the one light, which is the whole electromagnetic spectrum, all light we can and cannot see. It's all one light. So I can't be divided and I'm not separate from the light around me. I mean, that's enlightenment and resting in that and when we are at liberty to rest in that, that is bliss.

Niki Gratrix Yes. That is actually, we haven't talked about that so much on the Summit but that's exactly, that's how I felt about sound therapy. I haven't been affected like that by any other therapy. It's a way to do what you said exactly, to dissolve the pain body and that's a lot of what developmental and attachment trauma is. It's not just going to be one thing. It's the whole thing built up over a lifetime, which you can literally oscillate out the system.

I think people have had trouble, there might still be people thinking memories and trauma are really in the field? And yet we've got things like the main therapeutic recommendation for trauma is EMDR, eye movement desensitization and reprogramming, which is energy psychology. So even conventional medicine can recognize it. Karl Pribram said, "I don't think that you're gonna cut up a neuron are you can find the memory in that neuron." They've done a lot of brain mapping but you're not going to find anything there, right?

So it's that the memories are stored in all sorts of the brain waves firing together and then the field, the wider field. So I think it's great work to help people to understand. I love that you say the cloud, your cloud, what cloud are you, are you under a cloud, you living in a cloud. Dragging that thing around with you, it's so true. So we talked a bit about conventional medicine and epigenetics and that's great.

So I think the promise for attachment trauma, especially this precognitive like you mentioned before. A lot of attachment trauma happens before age 4 or in utero or things you just never going to be able to remember.

So this is the way of speaking to ourselves and our field through resonance. You can't access that through talk therapy, they're going to be saying, this is really important. You've got solutions for people that is not in psychoanalysis and frankly, talk therapy just doesn't work. So this is a doorway for people, that's how I've been experiencing it.

Eileen McKusick Definitely the fact that we can go in and literally feel and resonate. What was that experience like in utero, what your birth trauma was? So many people have had traumatic births and that's your first response to stress in this environment. That lays down

a lot of tracks right there, birth trauma that those patterns will start to repeat. Those wires will just get built up more and more.

Now, definitely under 3, that precognitive stuff where many beliefs are formed. I remember working with a gentleman who'd been in the human potential movement for a long time, really from the very beginning. And he had participated in everything, like he had been through all the things, but he had never experienced success, not financial success, not career success. And when I worked on him, I found so much stuff between conception and age 3 related to self-worth stuff that came from his parents. But from 3 on, he was almost completely clear, he had cognitively cleared his whole life. But he had not cognitively gotten to the stuff that was informing and influencing his major experience, which was done all this work but I'm not getting this breakthrough like I should have gotten. And shortly after that session, he got some offer which led to something or other. But this zone is so key and it's so easily accessible with this work. And once you resolve things at that very deep level, it's easier to resolve the patterns that have grown up on top of them over time.

Niki Gratrix Yes, this is great. And there's one last thing that I want to talk about and just bounce things off you. I've noticed that you were quite cautious about treating people who might have heavy metals, working with people who might have heavy metals.

What's really interesting is that in the functional medicine community, the community I'm in, where we're trying to help people get heavy metals out of their system, sound therapy, I found that sound therapy is one of the most powerful detoxes.

It's like sonic detox and it will literally, if you can't reach with colonics, with fasting what I've seen, you can reach starting sound therapy.

Now, that comes with a bit of caution because if you're not trained to know how to do and help somebody through detox, there's a whole set of things you need to do in the functional health community, like training how to help somebody get those metals out, like binders. You want to do it in a certain order, but that has been really intriguing that I'm encouraging functional medicine practitioners to learn about sound therapy because this is one of the deepest cleanses that you could do. So as you start to raise resonance, your body starts to chuck out the toxins.

Eileen McKusick Absolutely.

Niki Gratrix So one of the biggest issues I've had, by the way, with sound therapy on myself and from the people I'm working with is, oh, my God, making sure I've got protocols in place for dealing with emotional detox and dealing with the physical detox because most people have heavy metals.

Eileen McKusick So what are the things that I've observed, you're right. Is that a tuning fork session, a biofield tuning session can absolutely release heavy metals from the body. And if somebody isn't working with someone to help them to bind it and all of that, it's beyond our domain if this gets released, you need to go see somebody who can help you to deal with that. So we want to be cautious, we want people to know that this release can happen.

What I have observed is that it is emotional tension that is creating a sort of tension across the cell membrane that is making it so that these emotions, that these heavy metals can't be processed, and I found that it is especially the emotion of anger. When people are holding back or denying anger that creates a certain tension that traps these heavy metals and stops them from just going out in the daily trash from the cells.

They sort of start to pile up in a corner because they just can't be gotten through. I mean, we're all exposed to heavy metals, why do some people pile them up and other people don't? And it has to do with this emotional tension, biofield tuning releases that emotional tension.

It's all about finding these difficult emotions, staying with them, getting them to release and flow. So once all of a sudden, the tension that you've been holding by holding back an emotion releases, suddenly outcomes that emotion and outcomes those toxins. But as we say in biofield tuning better out than in. So it's important though to work with people, like you said, in your community who know how to help that process. And people in your community should be making use of biofield tuners to work together. Because it's very efficient, just a few sessions and you're really moving stuff. But it does need to be supported.

Niki Gratrix Yes. Totally. I had a very interesting experience with biofield tuning on myself, working on my own attachment trauma. And I found it regenerated my liver and I was finding that like my caffeine intolerance went back to none, I'd got to zero caffeine intolerance and I had all kinds of fatty liver. And I think attachment trauma is actually going to be seen as one of the main impacts, having a negative impact on liver function. And it was through biofield tuning that this all shifted for me and I had a physical change and much lighter and happier.

So I just feel there's gonna be people out there making lots of new connections, things that we knew in Chinese medicine that the mind and the body are connected. That's just sharing my experience, I think there's something I want to explore more in my work with biofield tuning as well, this link between attached trauma and liver health as well.

So I think there was a lot of fear, there were survival mechanisms as well, actually it's gonna be so many things that are gonna affect you in chronic survival all the time. It's not just the liver, but it's gonna be a whole other area of things as well. That's particularly what happened to me as my liver regenerated. Yeah, so it's amazing.

So Eileen, just share with people, where can people find more about you? What sort of things do you have on offer? I know you have trainers, people can get one to one sessions. What do you have on offer on your website?

Eileen McKusick Well, we have all kinds of different resources available. We do teach classes, we have a certification program, that is at this moment when I'm talking to you on hold. But that has forced us to develop an online certification program that we are currently putting together and we'll have sometime in the next few months.

So I didn't know if it's possible to teach biofield tuning virtually, but some test runs have shown us that it is. And this opens up just this work to people all over the world to become certified, so hold on for that.

You can sign up for our newsletter at www.biofieldtuning.com. So you'll be among the first to know when we offer these virtual classes. I used to have a one on one practice because biofield tuning is so effective, and people do have so many emotional, physical, mental shifts and they do become lighter and happier. And that's what happens after you just get lighter and lighter, and happier and happier, and more playful, and more resilient, and more able to kind of take the blows of life and sort of bounce back. Because your bubble is free and flowing and has good tensile integrity, you bounce.

And so I became super busy and I couldn't manage it anymore, I had to shut it down and I replaced that with working on groups at a distance. And I know that's bizarre, I wouldn't have done it if I hadn't done a bunch of tests and gotten a lot of feedback from people saying, wow, that was really helpful. As a way for me to make my work available to more people for a much lower price. And so we have a whole archive of these recorded sessions going through the whole body, like every single organ, I've done hundreds of them and I put myself in every single one. And so I've received hundreds of these group sessions, they are incredibly transformative.

Sound quality isn't super great in some of them, but it's not about the sound, it's about the experience that's happening and the ether, and how it can really shift your energy and literally your magnetic field shifts. And I also teach a lot when I'm doing these sessions. So if people are interested in learning about the biofield, the biofield anatomy, kind of how all this works, they're educational as well. So it's more than just a healing session, it's coaching and all kinds of good nuggets.

We also have live ones upcoming, we've brought in a number of our teachers and practitioners who are also offering these group sessions so you can catch live ones coming up. All we have is archived at the moment. There's my book. There's our tuning forks. We have a whole line of tuning forks and tuning fork accessories.

We have a home study kit if you want to become a practitioner, you get this first and start practicing at home or if you just want to use it on friends and family, you can do that. You can't do the home study kit and hang a shingle, but you can certainly work with your loved ones. And it's kind of amazing. It's great even for first aid, for getting rid of headaches, for getting out of pain, for your kind of spun about something, it just gets you to settle. It's a really useful thing to have at home in a first aid kit. And then, of course, we have the sonic slider and the circuit boot, which helps you to look younger, feel younger, sculpt your body all of that.

This is a great quarantine tool I got to tell you, like that is a good companion for Netflix because you can just do it on the couch too. I do that, just 10, 15, 20 minutes on the couch is rubbing my whole body and it's amazing, and so easy.

Niki Gratrix Yes. And that sonic slider comes with a set of videos that you recorded with that, access to videos of you teaching people how to use it, with the sonic slider as well, which is awesome. And people can find trainers and get one to one sessions and they can work remotely as well. And those instructors can be found on your website as well.

Eileen McKusick www.biofieldtuning.com we have practitioners all over the world. So you just go to find a practitioner and you might. But everybody's trained to do it at a distance. And I know that seems like a bit of a stretch for some people, but we wouldn't do the distance work if it didn't work because it's just too weird. Thousands of people have learned it, and can do it. Many, many thousands of people have received it and received benefits. The only way I receive tuning now is distance. I don't ever get it in person, they're just as effective. And you can do it from the comfort of your own home.

So I would definitely check it out. I think that if you've got mild to moderate trauma and you want to have an experience, try some of these recordings or if you want to try one on one. We also have a clinic in Burlington that has people well-trained by me, including my son. My 18, 19 year old son is at our clinic in Burlington, he was my first student when he was 6 and that's www.biofieldtuningclinic.com. And you can set up an online schedule session there or just get a fork yourself and use it on yourself.

Niki Gratrix Yeah, great, and the title of your book?

Eileen McKusick So my first book is called *Tuning the Human Biofield*, and that's available at Amazon and it's also on Audible.

And my next book is coming out, I believe, in January of next year, 2021 and it's called *Electric Body Electric Health*. And it is all about learning to think electrically, getting and grasping that electricity is your fundamental state and how to manage your electric health by understanding and managing your emotions properly. And we actually go through all the different parts of the biofield anatomy, all the different emotions, talk about how to go from mismanagement of that emotion to management of that emotion. And the more you get to learn to flow with and manage your emotions, the more energy you have because you're not constantly resisting and judging them.

Niki Gratrix Lovely. Well, thank you so much Eileen, it's been awesome. Thank you so much for sharing your time. I recommend that anybody who's a practitioner listening, actually go and train and get some of Eileen's work and bring it into your practice, bring it in as another modality, it's really enhancing. It's a nice thing to do as well.

There's other therapies that aren't exactly nice to experience, like IV chelation. This is a pleasant experience as well. So thank you so much for your time Eileen, I'm a big fan and keep up the great work because I want to promote you, get everything you do out to as many people as possible because you're really onto something. So it's got a big future ahead of it.

So thank you very much and thank everybody in the audience as well and take care for now, and we'll see you in the next episode of the Trauma Summit. Bye for now.