

Electric Body, Electric Health

Tom McCarthy interviewing
Eileen McKusick, M.A



Tom McCarthy

I'm excited to introduce our next guest. I first saw her at a conference in Cancun or the Riviera Maya, to be more specific, and she was fascinating, she had this session where she got up and talked about the electrical body and how, with tuning forks, you could interact with electrical body and clear up issues that some people hadn't been able to clear up in years. And so I was really fascinated, and so when we were putting together the lineup for the Energy Healing Summit that all of you are watching, I knew we had to have her on. Her name is Eileen Day McKusick and she's a pioneering thought leader in the field of therapeutic sound and biofield science, she's just an amazing lady, and I know you're gonna get so much out of this session with her. And a lot of you are gonna wanna explore her work and she's got lots of ways you can do that either with her or there's probably other ways too, but please welcome Eileen, Eileen, great to have you on board.

Eileen McKusick, M.A

Great, thanks, Tom, great to be here with you today.

Tom McCarthy

Yeah, so talk to us a little bit about electric health. I love this concept of not just thinking of ourselves as a physical body, which most people, that's what they're trapped, they think they're trapped within is this physical body, but more as an electrical body, can you talk to us a little bit about that?

Eileen McKusick, M.A

Sure, well, one of the things that we don't tend to learn about is our body's electrical system



in its entirety. Most of us think that, oh yeah, maybe my nervous system is electric and oh yeah, my heart actually runs on electricity, it's electric signals that cause my heart to be, and the brainwaves are electric and our blood carries a charge and all our cells need a certain amount of voltage across cell membranes in order to function. Our bones, our crystalline structures that make electricity when we compress them. And so when you look, when you step back and you look at the big picture, you realize that we have an electrical system in its entirety, we have an electric current that is always flowing through us and it's the presence and the functionality of this electrical system that really determines whether we're alive or dead. When you're alive, your heart is beating, you're thinking, you're moving your body around. And when you die, your light goes out, right? The body is still there, but the light, the electrical system, there is no longer current flowing through the body.

And so if our electrical system is the primary determinant of whether we're alive or dead, it's also the primary determinant of our quality of life while we're alive. And so what I've found working with sound, and I came to this sort of accidentally, sort of stumbled into this in my 25 years of bouncing sound off the body and listening to the ping back and discovering interesting phenomenon in the atmosphere around the body, finding that if I manipulated and modulated what I was finding in the field, that it shifted what was going on in the body. And it was very curious to me, it led me to go in a very deep dive in order to understand what was happening. And basically, what I learned is that anything that has an electrical current running through it has a magnetic field around it. And the human body's no different. So what we call our aura or our human energy field is really just the magnetic field around our electric bodies. And when we talk about energy medicine, I know sometimes there's a debate about like what's the energy in energy medicine? It's really simple. It's electricity.

Tom McCarthy

Yeah, that's awesome. And so talk about this field. I was reading some of your work recently and it was talking about how we've got like a five to six feet out beyond our physical body, there's this biofield. Can you talk about what the biofield is and why it's there and maybe a little bit about like, I also love that, you know, you're bouncing sound off the body and listening to what comes back, I wanna dig into that too, but talk about the biofield a little bit, please.



Eileen McKusick, M.A

Sure, well, you know, the term biofield was actually coined in 1994 by a panel of NIH scientists. And it was originally sort of conceived to give a scientific term to the field of energy and information that surrounds the body. And what I have found is that you really can't separate the electricity that runs through the body from the magnetic field that surrounds the body. Now, the magnetic field of the body hypothetically takes the shape of a torus, which is essentially a sphere with a spiral channel down the middle. And this is a model we see over and over again on all different scales. For example, the Earth is an electrical organism, it has an electrical charge, it has a north pole and a south pole, and it has a magnetic bubble around it, we call it our magnetosphere. And it protects us from too much incoming solar or intergalactic radiation. And so our sun also has a bubble around it, it's called the heliosphere. And so our human bodies are no different. Our energy field doesn't just dissipate out, it is bounded by what in plasma physics is called a double layer membrane. And that has more electrical charge at the outer boundary. And so in this model, the biofield is our mind, it's our conscious mind, it's our subconscious mind, it's where all of our memories are stored. Now, we've been fooled that our memories are stored in our brain, and that's not what my research has revealed, what my research revealed is that our memories are stored through our biofield in waves.

And I've actually mapped this field many years of just sonically, sort of like sonar, bouncing sound off of the environment and discovering an anatomy and a physiology of memory storage and that very specific memories are stored in very specific areas and that they can be found, oddly, with a vibrating tuning fork. So when, if I were to give you a session, Tom, I'd have you lie down on the table and I'd start about six feet away or so with my tuning fork, I'd activate my fork and start to move slowly in towards your body. I'm gonna be able to identify that double layer membrane because it has more electric charge. The vibrating tuning fork acts like a magnet. And produces a very, very weak electromagnetic charge, but enough to kind of find areas of magnetic density in the field, so we can find that outer layer of your field, and then when I walk in towards your body, it's like dropping a needle on an album and reading the vibrational record of your life. So I can find certain ages where you had different traumatic experiences or big losses, 'cause if you think about it, right, everything that we experience in life, everything we see and smell and hear and taste and touch and feel is all translated to an electromagnetic signal in the body. Everything that we experience is magnetic, so it makes sense that our memories are stored in our body's magnetic field.



Tom McCarthy

Absolutely, yeah.

Eileen McKusick, M.A

And so I'm able to listen to the total quality of that experience, let's say you went through a really difficult divorce when you were 32. I'm gonna find that off of your left shoulder because every time we feel something sad, it produces a very specific waveform, and the body stores those memories in very specific zones. So if you're 60, I don't know how old you are, Tom, well, let's just guess that you're 60, you went through that divorce when you were 32, I'm gonna find that memory about halfway through your field 'cause it's a very linear timeline. So if we find close to the body, that's recently generated, and stuff at the very outer edge is gestation, birth, or earliest childhood. And it's all laid down vibrationally, now, what's neat is that not only can we find these traumatic memories, but when we stick a fork in it, we can hear the discomfort that was present, but this is the amazing thing, your body and your body's organizing intelligence, the part of you that heals a cut, you know, things like that, just keeping everything in order, hears its own dissonance and doesn't like it. And will begin to work with that input, that reflection in order to adjust itself, it will relax, it will release what's being held that's creating that distortion. The body is designed to be in harmony. Every single one of us has the potential for harmony at our core. And what we're suffering from is a lot of noise in our signals, our electrical systems are full of fuzz and static and areas of traffic jams, places of excess, places of deficiency, organs that are sharp or flat. If we start to look at ourselves as instruments and when our instruments are in tune, we make music. And when our instruments are out of tune, that just gets reflected in our relationships, in our life, in our inability to get done what we wanna get done. So biofield tuning is a way of helping our own vibrational human instruments to get back into tune.

Tom McCarthy

That is such a powerful description, I love that. And one of the things, I love the stick a fork in it, that was a cool analogy too, that really got me. But one of the things I think for people that are able to heal, whether it be emotionally or physically, is this concept that you're talking about is to stop seeing yourself as just matter, as physical, this physical body, when you see yourself as that, that's a lot harder to work with, right? Because you're looking at it all day and it's not changing that much, but when you see yourself as electricity and even



more powerful, I love your concept of seeing yourself as the physical body is within this mind. Like a lot, you know, that's something that so many people say, you know, the minds and the body, well, where is it? Well, it's in the brain or, you know, I don't know where it is. But what you're talking about is this mind surrounding us and extending beyond what we think, most people, what they think they are, that is such a cool concept. And the ability to deal with that and work with that and shift those energies beyond you, and then it shifts the physical matter too, so cool, I love that, I love that. How did you come about this work, how did you even, I mean, this is such fascinating work, I mean, you probably didn't discover it when you were eight. How did you pick this up or discover this?

Eileen McKusick, M.A

Well, I think a lot of people who go into the healing arts are often on a quest of self-healing. And that was my aim in getting into health and wellness. And I thought for a time that I might wanna be a naturopath, but I didn't go to college right out of high school and I don't really like school. So I decided to go to massage therapy school just as a start. And I was doing massage part-time, I actually owned a very busy restaurant that had ruined my health and ruined my back. And it really created a lot of problems because I was working 100 hour weeks on my feet for like months and months on end and it just, and I took a few years in the restaurant business to realize that that was not where I wanted my future to be. So I started doing some part-time massage and, you know, really, fundamentally, Tom, I'm a researcher, I'm a really information-hungry individual. And I read very quickly, I process information really quickly. And so I always have a stack of books on my bedside table, you know, ever since I was 18, I had been reading self-help, human potential, science and spirituality, like just all kinds of books.

And, you know, there's probably rabbit hole divers here in the audience and they know that, you know, one rabbit hole leads to another and another and now, you know, on you go on your journey. And so I had come across the concept that there's no such thing as matter, that matter is an artifact of our human perception. And that fundamentally, everything is just waves in space. And if we were thinking, well, if I'm waves in space, treating waves in space with waves makes a lot of sense, and I'd come across books on the use of color and sound and music and healing, read all of them, and then got a catalog with a set of tuning forks for healing in it and picked up the forks in 1996 and never put them down. I've been working with them ever since in a process of discovery and, you know, so many curious



things that I discovered, so many things I didn't expect, that really led me to have to take a really deep dive actually academically in order to understand the phenomenon I was encountering from a scientific viewpoint. 'Cause I could have said, oh, I'm working with chi, you know, I'm working with the aura and chi, but that language doesn't work for me. You know, I'm not satisfied with that, especially when talking to a more discerning critical or mainstream audience person, the language of our times to really illustrate anything to anybody, especially if they're skeptical, is the language of science. And so I ended up going to college as an adult and writing a master's thesis called Exploring the Effects of Audible Sound on the Human Body and Its Biofield. And then that became my first book, Tuning the Human Biofield. So just in the process of trying to understand what it was that I was working with, this whole new cosmology actually opened up to me that I didn't expect.

I discovered that there are two more states of matter beyond what we're taught, we're taught about solid, liquid, and gas, but in the biofield cosmology, there's two more, there's plasma and ether. And ether is something that many people believe was debunked or doesn't exist. I find that it does exist and it's a very elegant medium to explain how distance healing works, for example, because we do our work in biofield tuning at a distance. And how do you explain that? Some people use the words quantum entanglement, I don't find quantum to be a helpful word most of the time. But I do that we have resonance in the ether. You know, you have, we've all had the experience of our phone going off and we know who it is or thinking of somebody and then they call us a little while later. We do resonate with each other across space and time because everything is one, the ether is the medium that all reality, explicate, implicate reality arises from the ground state of being.

So we have two more states of matter in biofield tuning, we have two more forces of nature, two, most of us just learn about entropy. Entropy is the process of everything falling apart, right? Most of us don't learn about the opposite. Now, the scientific phrase for that is negative entropy, which is a really weird phrase when you think about the creative force, you know, when I grow a baby in my belly, I don't want to call that negative entropy. So I found another term that speaks to that, which gives rise to trees and snails and galaxies, it's called centropy. And biofield tuning is a centropic process, it helps restore order, all the places where we lost light, you were talking about that earlier, about how organisms under stress leak light. And this is something that has been captured in various technologies. And so what we find in the biofield, going back to that analogy of like the divorce when you



were 32, is a lot of light because you were really stressed. And so that light doesn't just dissipate into our environment, it actually stays in our field. But it's not circulating. It's not available to us. And so what we do is we kind of capture that light from your memory banks and bring it back into flow. And what that does is it raises our overall voltage, our overall lumens, our energy.

Tom McCarthy

Yeah. And just to be clear, you got my age right, I am 60. But I wasn't divorced when I was 32, this is my 30th year of marriage. So I know that was just an example. Well, and also, you, when you say leaking light, when an organism or a cell is under stress, they leak these bio photons, which is life force, right, they're leaking life force, and then from what I've read from your work, then it gets stuck out in the biofield and then it doesn't allow things to flow as well, is that an accurate description or?

Eileen McKusick, M.A

Yeah, absolutely, it does, you know, it gets, all that energy gets tied up in that memory. And then that memory just kind of, you know, goes into our memory banks, but it's got a whole bunch of us still in it and it's no longer available for, you know, we've all seen people who've been under stress and they age, right? You've seen somebody like age a whole bunch. It's because they lost light. Like vitality, if you look at kids, they're very photonically dense, they're very radiant, they're very alive. And what happens to people as they go through their stressful lives is they just lose bits of themselves. And then that light, that electricity that's supposed to be flowing through the system, supporting order or structure functionality, is no longer present. And so the physiology begins to break down. But we can return the light to the system, we can pick it up with a fork and stick it back in literally. And it has a very anti-aging kind of effect. I'm 52, but I've received lots and lots of sessions and I don't have any aches and pains, I don't have any health issues, I used to when I was in my 30s before I started training students and started receiving the work-

Tom McCarthy

You feel better now at 52 than in your 30s, right?



Eileen McKusick, M.A

Absolutely, yeah, I mean, I had a whole laundry list of, you know, mild gripes, they're all gone. And that's what we see with people, when they receive biofield tuning on a fairly regular basis, that they just become more coherent, more functional, they get unstuck, their emotions become more balanced. You know, it's just, the electrical system, if it is in balance, creates a physical body that's in balance. Trying to fix the body without fixing the underlying electrical energy and information and blueprint isn't getting right to the source of where the problem is.

Tom McCarthy

Yeah, that's really, really a cool understanding. So the mind is outside of the body, right, or the body's in the mind.

Eileen McKusick, M.A

Yeah, the body is...

Tom McCarthy

And when we leak out these, and the stress you talk also about and we've had many guests on the summit talk about, it all comes down to emotions, right? Trapped emotions, emotions that weren't dealt with in the right way where they could be in motion. So talk a little bit about emotions and how that works with the biofield.

Eileen McKusick, M.A

Yeah. You know, I'd say, one of the things that I say is that the number one thing I treat is emotional constipation. Because we're raised in homes where our parents didn't model effective emotional management. You know, I ask that every class, I'm like, whose parents modeled effective emotional management? Nobody raises their hands. Right, so we don't learn it from our parents. And what we get is kind of an abstinence-only dictate, you know, big boys don't cry, little girls don't get angry, take that to your room, nobody wants to see that, you know, so we're just kind of taught to suppress everything and judge everything. So we judge our feelings and then we got to the whole spirituality thing of like, oh, we got a



vibe, hi, you know, we don't wanna feel any of those base emotions, so you end up with this sort of spiritual bypassing or what I call purple washing, where you just become in denial of your own anger or rage or hate or shame. And, you know, instead, you become addicted to chocolate or to wine or to shopping or to busyness so that, you know, you're not having to feel and express these emotions. And biofield tuning, really what I found makes people go out of whack is usually some kind of unbalanced emotion. I can't tell you how many people I've worked on who've had, say, pain in their left shoulder. Oh, I've had an MRI, I've had this. there's nothing wrong with it. Well, did you suffer a big loss in the last one to two years? Oh yeah, my husband died a year and a half ago and I, you know, just haven't recovered. Well, the energy of sadness, it lives in the biofield off the left shoulder. And so if you keep generating the feeling of sadness, you're gonna literally pile it up. That energy actually has mass and it will weigh on you. So this is partly what we call psychosomatic illness, where we have an imbalance in our biofield and it's causing us pain.

There's nothing wrong with the physical body, but there is something wrong with the electrical body, it's all jammed up over here. And magnetic fields guide electric currents. So if you've generated a whole bunch of magnetism in this zone in the tone of sadness, it's gonna pull electricity into that area. And when you have too much current running through the wires, you have pain, that's your body's way of saying, hey, we got an imbalance here. So it's something that's very easy for us to correct, we just stick a fork in it, drag it to the center, the electricity in the body goes and finds a healthier way to move. And all of a sudden, the pain is gone. Things like anxiety, anxiety is a rhythm. It's a rhythm in the electrical. We can find that, we can reflect that back to the body, the body hears itself going and goes, wow, that's not harmonious. And it will adjust, it will release that habit because it's not part of its factory settings for health. You know, pain, anxiety, depression, all of these things are tonal, they're rhythmic within the electrical body. And if you shift that, then all of a sudden, the person's experience of their own mind becomes really different, becomes more settled, more centered.

Tom McCarthy

Yeah, that's amazing. And so you, talk a little bit about how you work with people, so it's with tuning forks from what I've seen, and there may be some other things you do, but with tuning forks, you've also trained people to do this and you've got students, you've got books. And before you talk about what you do, where can they go to find out more about you, Eileen?



Eileen McKusick, M.A

Sure, well, we have a couple of websites, one is electrichealth.com, and that is designed to really be an educational site to introduce you to this idea of electric health, to introduce you to your electrical system, there's a lot of information there. I actually compiled quite a lot of journal, peer-reviewed journal articles on the biofield. Because there are still, you know, people within the medical and scientific community that consider the biofield to be woo woo, to be pseudoscience. And so there's actually quite a lot in the scientific literature about biofield therapies being effective and, you know, more than people might expect there to be. I also compiled quite a lot of mainstream articles about the electric nature of life, it's not just our bodies that are electric, it's our entire environment, the cosmos, like everything is electric. The myth of the vacuum of space, you know, is rapidly being debunked as we find electricity in space.

And so there's even things like microbes in soil. And the relationship between bees and flowers is electromagnetic, the flower gives off a negative charge because it's attached to the surface of the Earth, the bee gives off a positive charge because it's flying around in the atmosphere, and when the flower is ready to be pollinated, it sends a stronger electromagnetic signal that the bee is attracted to, right? So really, everything that's going on we're taught is chemical and mechanical and separate is actually electric and connected. And it's a totally different way of looking at the world, to me, it was a relief, actually, to discover this underlying electrical connection in a billiard ball universe that I've been taught about, everything was sort of cold and falling apart.

And this shows that everything is alive and connected and continually regenerating itself. So there's information there. Biofieldtuning.com, if you want to learn about biofield tuning, we offer courses. I started training people in 2010. And so we have hundreds of certified practitioners worldwide that you can get one-on-one sessions with. And it does work at a distance, in fact, we recently completed a study. We had 15 volunteers all receive three biofield tuning sessions at a distance for anxiety. And every single participant had their anxiety markers drop dramatically. So that paper is currently being written up and we're gonna submit it to peer review next month, which is really exciting. So we have scientific evidence that it does work at a distance, you know, of course, we have anecdotal evidence up the wazoo, but that doesn't count-



Tom McCarthy

And I love how you said earlier, I'm not really into school and academics, and now you find your passion and you peer reviewed articles, getting a master's degree. Once you found your passion, you were all in and so cool, you know, how that drove you. So they can get sessions with, you know, with people trained in this, they can learn how to use it themselves. I was just on the Electric Health website this morning, it's fantastic, just the, you know, the way that you've explained it there, these concepts, very, very powerful, so encourage everybody to go to those, those really are just wonderful sites and your work is wonderful too. I don't know if you remember, but you gave out tuning forks down in Riviera Maya, and now I'm learning more about this and I'm gonna start using it even more, but I have used it and it just, it feels really good too when you place it on, you know, a part of the body, and I have an issue with my left ear where I don't have, my hearing is not as good, and just even placing it around there, it just feels really, really good. So I can't wait to learn even more about it too. Hey, talk about the difference between voltage and vibration, raising your voltage versus raising your vibration. 'Cause we all hear, you know, raise your vibration, raise your vibration. I think you're gonna say something a little bit different, right?

Eileen McKusick, M.A

Yeah, yeah, you know, as a writer, and I've written two books, and as a sound therapist, I'm very keen on listening to the words that people use and how certain words make us feel. And I'm also like things to be technically correct. So I think this idea of raising our vibration in part came from the book Power versus Force where there's this linear scale where like shame is 200 and Christ consciousness and Buddha consciousness is 1000, and so we've all gotta like raise our consciousness up to Christ or Buddha consciousness. One, I just think that's a tall order for people in 2021. Like, well, I don't wanna be held to that standard that I need to be Christ-like or Buddha-like. Why, why should I be held to that standard? And why should anybody hold themselves to that standard? Like we're human and we're having a human experience in very difficult times. And so we're gonna be feeling all kinds of emotion. We're gonna be feeling rage and anger and powerlessness and fear and all of these things. And if we think that we should be vibing higher, we're going to judge and suppress those uncomfortable emotions because we think we're supposed to be rising above them. And so it tends to lead to a couple things, one, when you talk about raising, a lot of people who've had trauma, myself included, have a problem with disassociation where you kind of leave your body, you kind of go up and out. It's like, oh, everything's so



unpleasant here, like I can't deal with this, so I'm just gonna like exit, right? So there was a kind of motion in people already who've had trauma to kind of go up and out. And so that's, it's sort of appealing, I'm just gonna raise my vibration, you know, away from all this unpleasantness. I think that what we really, what's really more technically correct is that we wanna clarify our vibration. We wanna get the noise out of the signal, we wanna bring ourselves in tune. We wanna find our vibrational sweet spot and live from there, and that means being real about everything that we feel and managing it on the spot. Emotions are just like a, you know, your physical sensation, you touch something hot, you're like, oh, that's not healthy for me to keep touching that, right? Our physical feelings keep us safe, otherwise, we'd all be lepers. Our emotions are the same way.

They're messages to keep us safe, to keep us healthy. We absolutely wanna pay attention to them, allow ourselves to be guided and moved by them, to be responsive to our own emotions, that's a huge cornerstone of health. We also, what we really wanna do is expand our consciousness. Like why limit that to just going up? Like up as hierarchal, it's patriarchal, it's kind of an old model. All the world's a circle. We wanna keep our center, we want to stay embodied, and we wanna expand our consciousness in every direction. We don't want to demonize low vibes, like your brain needs to go into delta to rest, right? There's nothing, technically, there's nothing wrong with low frequencies. So I want people to think more in terms of expansion, expand your consciousness in every direction, keep your center, keep your ground, and just think about becoming more in tune. Because when you're more in tune, your life becomes more in tune, your interactions become more in tune, and your body stays healthy. So...

Tom McCarthy

That's awesome, no, what a great explanation. So expansion versus just, you know, up or down. That's really, really cool. I love that, I love that. So with emotions, what can we do to not get these emotions trapped in our biofield, what, you know, it's pretty simple, it's probably things that a lot of people know, but they just don't do, what do you advise your clients, your patients to do?

Eileen McKusick, M.A

Well, a lot of people do what I call stuff and blow, something I grew up watching my mom



do, where they just keep things inside., they bite their tongue, you know, they stuff and stuff and stuff and stuff until they can't anymore, until somebody does some slight transgression that causes them to just blow all over the person with a degree of intensity that is inappropriate for the current circumstance. And because it's not appropriate for that circumstance, they get pushback. And then you end up with this and you never go anywhere. And that pushback is usually uncomfortable so people go, oh, I don't like confrontation, so I'm just gonna keep shutting up and putting up, but you can only do that for so long until , right? So that's just one thing that so many people do. Now, the trick is is that when something comes up, when somebody says or does something that you're like, wha, that you figure out a way to express it in that moment. And you do what I, you know, ideally, we do what I call engage in successful diplomacy where you're able to communicate your truth in a way that is kind, respectful, loving, concave, gentle, and not like . Because if you put out charge, you get back charge and you never get anywhere, right?

Tom McCarthy

That's great, I love, that was so well said right there. 'Cause a lot of people think it's just express the anger and just, you know, blow a hole right through somebody. But I like, say that again, what you said, what were those qualities of you're still, you're feeling angry or you feel hurt or whatever it is. You're not gonna stuff it down, you're gonna express it, but what were those qualities you said? Just say them again, please.

Eileen McKusick, M.A

Well, I don't remember what I said, Tom.

Tom McCarthy

It was brilliant, it was so good, yeah. It was respectful...

Eileen McKusick, M.A

Yeah, kind, respectful, soft, like concave, not convex.



Tom McCarthy

Yeah, yeah.

Eileen McKusick, M.A

Who likes this put on them, right? So if you feel an emotion, if you feel angry, go for a walk. You know, one of the things I do, I go to the gym most days and I kick a heavy bag, you know, and I just take some time to like rah rah rah against . And that way, I'm giving my body an opportunity to express frustration, express anger. And that way, when I come to have a conversation, I'm not bringing that charge with it. So don't try to engage when you're charged up. Take a break, figure out a way to discharge, you know, beat a pillow, cry, do whatever you need to do, and then come back and be really gentle and respectful. And just communicate your truth, just communicate how you feel. And not even in a blame kind of way, sometimes, it's our own stuff, you know, like, that made me upset, I had to go process, I just wanna let you know that I had this experience when you said this and, you know, and I'll take ownership of it, but I think it's important you know that I had that experience, right? People care about us, they care if we're upset.

And, you know, there's, we all have characters in our life sometimes that trigger us and then don't seem to care, right? So I think it's really important that we care about each other and we're respectful of each other. And that, you know, I wanna call it bothist, and that is so many people get stuck in either or, you know, and very often, both as an option. I just think it's really important that you take the time to go over their side of the table and look at the equation from their perspective. It's something that we really struggle because, you know, you're seeing those things, like I'm looking at a piece of art and it's gray on my side and you're looking at a piece of art and it's red on your side and you're like, it's red, it's red, and I'm like, it's gray, it's gray, and we're both right. So I need to take the time to see things from your perspective, I just think that's super important thing to do, respect people and their perspectives.

Tom McCarthy

Yeah, it's beautiful, and then that creates a healthy outer mind too, right, when you do it that way, beautiful, you don't have all this clogging and this, you know, this leakage and all

these things that mess our lives up. What are some types of chronic illnesses that, we're not promising cures or anything like that, but what type of people come to you, like what are they experiencing? You talked about anxiety, physical pain in shoulders or wherever it might be. What are some of the types of people that you tend to see?

Eileen McKusick, M.A

I think the number one thing that we treat is what I would call stuckness. Go to anybody for help because you've got some kind of problem that you can't solve on your own. And it might be physical, it might be mental, it might be emotional, it might be relational, it might be ancestral, a lot of the things that we struggle with internally are uncomfortable vibes that were just passed down to us.

Tom McCarthy

Yeah.

Eileen McKusick, M.A

And we get stuck because energy follows along established pathways. And many of the habits and the tendencies that people struggle with, let's say sugar addiction, began at birth. So many people, especially what I found, baby boomers who were bottle fed, Karo, you know, condensed milk and Karo syrup, like, no wonder why you have a sugar addiction, you know, at 65. Because that started really young where sweetness became the substitute for love. So many things, we get into these established pathways and the conscious mind will be like, I wanna do this, you know, I wanna heal that, I want to fix this, but you just keep doing the same thing and you're not solving the problem. So we find that we can move the way that energy is flowing in the body. We can really shift up the way that consciousness, that energy is flowing, so if you have been continually self-sabotaging, getting in your own way, you've got a whole bunch of energy stuck off that right knee, that's just where you keep going. But if I come in and I rearrange your electrical system, I clean out all of the wiring of that particular habit and reset it into its more anatomically correct flow, suddenly, your inner experience is going to be very different, it's going to be much easier to suddenly engage in different behavior.



Tom McCarthy

Yeah. That's awesome, hey, this has been so cool, and you're probably blown a lot of people's minds, even just with the mind is outside the body, and it's like, what, I've always thought it was inside me, right, they're thinking. So very, very cool, and I really hope people will go to your websites, again, just tell us what your websites are again, where they can find you.

Eileen McKusick, M.A

Sure, electrichealth.com and biofieldtuning.com. And we have a biofield tuning store where you can check out our tuning forks. The Sonic Slider is the one that I handed out that you-

Tom McCarthy

Yeah.

Eileen McKusick, M.A

The super useful tool for self-care that's based on Earth's natural electromagnetic frequencies, So it just really makes us feel good, it's sort of a universally pleasing vibration that when you put it into your body, it really can shift your state.

Tom McCarthy

Yeah. And so the cool thing is they can have people like you or people you've trained work with them and they can also, once they learn, they can work in their own homes with some of the tuning forks that you can offer them, so that's fantastic, also, your best selling book, the Electric Body, Electric Health. So look for that, but thank you so much, Eileen, this was fantastic. I knew a little bit about your work and I was always fascinated with it, but now I know even more, so thank you for upgrading my level of understanding too, it really is awesome, I love it, thank you so much for being on board. Any final thoughts for people? Any last thing you'd like them to remember before we say goodbye?

Eileen McKusick, M.A

Sure, well, electric health is easier than chemical mechanical health.



There are many, many ways to raise your voltage to improve the amount of energy you have when you learn to think electrically. And that's all in my book, *Electric Body, Electric Health*. It's a transition to a whole new way of looking at your body, of looking at the world around you. And it makes getting healthier so much easier and more fun.

Tom McCarthy

Yeah. You are a gift to so many people, you've helped so many people, and now you're helping many more that we'll be able to understand how to get rid of these chronic illnesses and mental issues like anxiety that they just have been stuck with for so many years. So again, thank you so much for being part of this, it really has been an honor and a pleasure to have you on board, Eileen.

Eileen McKusick, M.A

Great, Tom, thanks so much for having me.