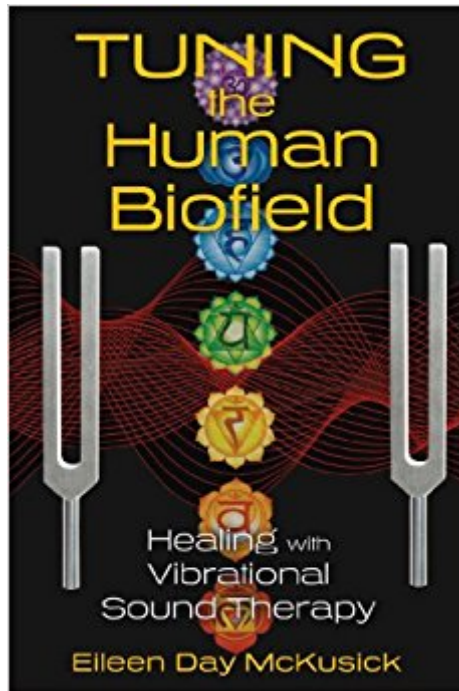




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# Tuning The Human Biofield: Healing With Vibrational Sound Therapy



## Synopsis

A guide to the practice of Sound Balancing, using tuning forks to clear trauma stored in the human energy field • Provides a precise map of the energetic biofield that surrounds the body, showing where specific emotions, memories, traumas, and pain are stored • Details how to locate stored trauma in the biofield with a tuning fork and clear it • 2015 Nautilus Silver Award

When Eileen McKusick began offering sound therapy in her massage practice she soon discovered she could use tuning forks to locate and hear disturbances in the energy field, or biofield, that surrounded each of her clients. She found these energetic disturbances correlated with the emotional and physical traumas her clients had experienced throughout their lives, the biofield acting as a record of pain, stress, and trauma from gestation onward. Passing the forks through these areas in the biofield not only corrected the distorted vibrational sounds she was hearing but also imparted consistent, predictable, and sometimes immediate relief from pain, anxiety, insomnia, migraines, depression, fibromyalgia, digestive disorders, and a host of other complaints. Now, nearly 20 years later, McKusick has fully developed her sound healing method, which she calls Sound Balancing, and created a map of the biofield, revealing the precise locations where specific emotions, memories, ailments, and traumas are stored. In this book, McKusick explains the complete practice of Sound Balancing and provides illustrations of her Biofield Anatomy Map. She details how to use tuning forks to find and clear pain and trauma stored in the biofield. She reveals how the traditional principles and locations of the chakras correspond directly with her biofield discoveries. Exploring the science behind Sound Balancing, she examines scientific research on the nature of sound and energy and explains how experiences of trauma produce "pathological oscillations" in the biofield, causing a breakdown of order, structure, and function in the body. Offering a revolutionary perspective on mind, energy, memory, and trauma, McKusick's guide to Sound Balancing provides new avenues of healing for energy workers, massage therapists, sound healers, and those looking to overcome chronic illness and release the traumas of their past.

## Book Information

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## Customer Reviews

• "Modern science is finally recognizing that energy constitutes the blueprint of the physical body. Meanwhile, the energetic vibration of sound can be used to change that blueprint in ways that foster health and well-being. Genes literally express themselves in different ways when exposed to specific kinds of sound. *Tuning the Human Biofield* is a groundbreaking introduction to the art and science of applying these principles. It will take you on an intellectually juicy ride." • (Donna Eden, author of *Energy Medicine*) • "Tuning the Human Biofield is a superb introduction to the human energy field and its modification by sound vibrations. McKusick's book is a highly valuable resource for patients and practitioners alike." • (Gary E. Schwartz, Ph.D., professor of medicine, University of Arizona) • "This book takes the reader by the hand on a quick tour through the 'wonderland' of quantum theory, vibrational therapies, the electric universe, biofield science, and other frontier science topics. Autobiographical bits and pieces make for enjoyable and easy reading. . . . a promising new modality to reduce stress and improve energy flow toward greater wellness." • (Beverly Rubik, Ph.D., professor at Energy Medicine University) • "This book integrates core universal truths with scientific principles to capture the essence of sound healing. As a pioneer in the field of sound healing, the author combines knowledge, expertise, curiosity, and unique personal experience into an easy-to-learn method that can offer powerful changes for the reader." • (Melissa Joy Jonsson, author of *M-Joy Practically Speaking*) • "An excellent explanation of how the tuning forks can influence these subtle fields for healing. Thought provoking and detailed in explanation, this book is also an excellent reference guide to using the tuning forks in a treatment mode for the various chakra energy centers. A must read for anyone thinking of using tuning forks as a healing tool." • (Jeffrey Thompson, D.C., Center for Neuroacoustic Research) • "The time has come for detailed explorations by skilled, sensitive, and intuitive individuals who are willing to venture into the unknown, to go beyond the mainstream, and report on the discoveries they make. Eileen McKusick has all of the tools such an explorer requires, including a skeptical and scientific grounding. Enjoy this feast of new knowledge--it is guaranteed to stick to your ribs!" • (James L. Oschman, Ph.D., author of *Energy Medicine: The Scientific Basis*) • "Eileen Day McKusick has

meticulously gathered biofield research that supports the efficacy of sound balancing. Tuning the Human Biofield is comprehensive yet easy to read. With this, sound-on-body becomes understandable and practical for health care professionals and individual self-healing.â€• (Joshua Leeds, author of The Power of Sound)â€• Tuning the Human Biofield is a profoundly insightful and inspiring work as well as a tremendous leap forward for the healing sciences. If I were designing an alternative medicine curriculum, this text would be required reading. In what is arguably the most comprehensive book ever written on tuning fork therapy, Eileen Day McKusick not only shows us the door to healing ourselves and unlocking our potential as energetic beings, but she also takes us by the hand and, brilliantly and eloquently, escorts us into new realms of possibility.â€• (Sol Luckman, author of Conscious Healing)â€• McKusickâ€™s audacity and confidence coupled with serious in-depth research and humility puts her at the forefront of cutting-edge science and healing. This book explains and enlivens our understanding of interconnectivity and consciousness and helps us deeply understand how we humans function, and how we can function better.â€• (Lauren Walker, author of Energy Medicine Yoga)â€• "...we now know that matter is basically solidified energy. And that realization has brought the various therapeutic uses of sound, such as music therapy, back into favor....this book provides a detailed look at how sound helps release biofield disturbances.â€• (Energy Times, October 2014)â€• Equipped with a tuning fork and years worth of observational and scientific references, Tuning the Human Biofield is a determined intellectual and intuitive journey into the healing nature of therapeutic sound.â€• (Spirit of Change, Gail Lord, December 2014)â€• Recommended.â€• (New Dawn, Jennifer Haskins, January 2015)

Eileen Day McKusick has researched the effects of audible sound on the human body and its biofield since 1996. She has a masterâ€™s degree in integrative education and is currently pursuing a Ph.D. in integral health. She teaches privately and at Johnson State College. She maintains a sound therapy practice in Stowe, Vermont.

It's difficult to make a brief and fair review to such a good book. Learning about author's journey, from somebody sound-challenged to a sound therapist was very inspiring and I found a lot more than I expected. Easy to read, very informative and captivating. If you're interested in this book, here's what I'd like to share:- The book is very well structured and provides detailed instructions for those practice-oriented as well as lots of references and bibliography for those who want more scientific background.- This is the easiest and most effective energy healing method that I've ever seen. I've been trained before into some similar others that are more complicated, more expensive

and far less efficient. I've been able to correct easily some health issues half way into the book.- There are some procedures that I haven't seen elsewhere, very effective and easy to integrate in other therapeutic practices (ex. the adrenal rhythm balancing). There's more on author's web site and on youtube, you may want to see that first (google author's name).- The author takes a methodical, scientific approach without getting lost in science or falling into esoteric too much. About half of the book (by pages) is about scientific theories to explain why it could work and half about what she found and how to use it.- The book contains a lot of information from many sources, blended with author's experience in 19+ years, in a clear and useable manner. You will need a tuning fork to work on somebody else (see the author's web site for the kits) and you may need to know a minimum of energy healing if you want to work on yourself (I used Reiki but anything similar will do, maybe e-mail to the author or ask around, it's quite easy). The information can be used with other methods, even without the tuning forks, if you know how.- The book offers a practical way to verify some theories about chakras and biofield/aura. You can say that's not true until you do what it says and feel it. It works regardless of your beliefs.- By "weight" probably the book is 80-90% real stuff about what to do and how to do it. It's so detailed that later I bought the DVD thinking I'm going to learn the method faster. It was true, the DVD helped a lot. But all that information is actually in the book, clearly described by the author without any tricks. All you need to do is just read, understand, then take a tuning fork and do it as described in the book. It's really easy!- I probably can't emphasize enough, but the information in it is priceless, and it's assembled in an easy to use format that you won't find elsewhere for just the price of this book, maybe unless you spend years and thousands of dollars. Half way through this book I unexpectedly found the answer to a chronic health issue that affected me for the last five years, for which I spent before quite a lot of time and money. I applied what I read immediately and that was the permanent fix. Can't say it's all that easy but if a skeptical engineer like me could do it, I think anybody can do it. Just trust yourself, there's nothing to fear and nothing to lose. I would strongly encourage anyone interested to give it a try. You'll be happy you did it.

This is the best book I've ever read on sound frequencies and the science behind all matter in the universe. I would highly recommend this book to anyone looking to discover the ability to heal through using tuning forks using the Solfeggio frequencies. I recently purchased the Solfeggio tuning forks and am amazed how quickly they work on healing the body and bringing it into balance again.

I personally promise you this is The best book you will EVER read about the Revolutionary and Transformative Science of Tuning the Human Biofield and how her protocol can potentially balance/clear/transform it. Eileen teaches her protocol, and you can find out more and even see her doing it on her DVD and on her website [biofieldtuning.com](http://biofieldtuning.com). It's truly amazing, and with her scientific approach to this unique subject matter, I can say from personal experience (distant healing sessions from her (Vermont) to me (California) I can attest to her amazing insight without ever meeting me. She told me about my childhood trauma, trauma as a teen and adult, and so much more she would have never known without having conversations or meeting me face to face. (which she Did NOT) Please read this book, you will find out more about her and how she discovered this new way of helping to heal our past traumas, both emotional and physical. If you have any healers in your family, please share this book with them. Together, perhaps we can all help transform our world into a kinder, gentler place. Update: I signed up to take her course in San Diego in December of 2015 taking a chance as A Senior ( not in highschool :)) that perhaps it might be too complicated like it was at Acutonics ( acutonics is mostly for acupuncturists to use tuning forks )for me as a non medical person . I was SO surprised it really works , I learned it, and the shifts are profound at a distance too as I have been practicing on humans and dogs since class. I am at Level 2 class now and after studying many energy healing modalities ( reiki, soma energetics, psychk, matrix energetics, healing touch , the emotion code, theta healing plus) this is the shortest and most direct route I have found. Bless you Eileen McKusick.

There were sections of this book that read like a thesis, which she did base this book on. Several times she contradicted herself or she just didn't feel comfortable in explaining some material like Quantum Physics. Also she could have deleted the stories about her sons. However, there are other sections that are absolutely wonderful and that's why I gave it four stars. I recommend this book.

I am a Certified Sound Therapy Coach and I have been using tuning forks for over two years, and I have read a lot of books on tuning forks. This is by far the best book I have read on tuning. It has a vast amount of information that can be used either by a professional or even by someone just learning about tuning forks. I highly recommend this book for anyone who is even faintly interested in tuning forks or who needs healing emotionally, spiritually or physically.

This is a very well written book on the science of bio tuning, very easy to read as Eileen writes in a very practical, personable and down to earth manner that is easy to relate to. This book has really

opened up a whole world to me and I understand the connection between the chakras and our bio energetic field in a much clearer way than I had before. I have even purchased a 174 hz tuning fork and I am excited to begin working with it. I would highly recommend this book to anyone interested in learning more about this fascinating science. Thank you,Eileen!

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