

Biofield Tuning of the Energy Field Using Tuning Forks

Kathy Grimes 3/21/2017

Biofield Tuning (aka Sound Balancing), developed by Eileen McKusick, is a “therapeutic method that makes use of the frequencies produced by tuning forks to detect and correct distortions and imbalances within the biomagnetic energy field, or biofield, that surrounds the human body”. She has brought her years of study to the public through her book *Tuning the Human Biofield*, and has been teaching her Biofield Tuning technique to others over the past few years.

Bruce Lipton writes in *The Biology of Belief* about receptor antennas on cell membranes that read vibrational energy fields causing them to vibrate like tuning forks. “If an energy vibration in the environment resonates with a receptors’ antenna, it will alter the proteins charge causing the receptor to change shape”. Reading about this led Eileen to begin experimenting with tuning forks in her massage practice. Today many practitioners, that have trained with Eileen, use Biofield Tuning as an adjunct with other modalities such as massage, Reiki, acupuncture, yoga and craniosacral therapy.

This audible sound technique is simple but has profound results on people’s overall health and wellbeing. The biofield is presumed to extend approximately 5’ to both sides of the body, and 3’ feet above the head and below the feet shaped like a torus. This field “contains the record of all of our memories embedded as energy and information in standing waves within this structure”. The outer edge of the field holds the record of our in-utero experience. Just inside the membrane of the field is the experience of birth, infancy and childhood while the area closest to the body is present time. A person’s age is used to assist with triggering memories of events or emotions experienced by self or carried in maternal/paternal lineage that are causing disturbances in the biofield. Through bringing awareness to these memories and repeated activation of the tuning forks, the disturbances can be corrected.

Ms. McKusick teaches the method using two weighted forks and two non-weighted forks. The non-weighted forks are 174Hz and 528Hz (Solfeggio frequencies). These are used predominately in the biofield as the practitioner “combs and columns” stuck energies and emotions. The recommended weighted forks are 62.64Hz and 54.81Hz. The weighted forks are activated and the handle end is placed on the body or in conjunction with a quartz (recommended Lemurian) crystal placed on the body. Recently she has also added a non-weighted 417Hz fork. She has developed Chakra Tables and Biofield Anatomy maps based on years of consistently identified emotions, states of mind, and relationships that can assist practitioners in clarifying distortions detected in the field.

Eileen found that the crystals amplify and pulse whatever kind of current is run through them, in this case the vibration from the weighted fork. The other benefit of using the quartz crystal is that nitric oxide (NO) production increases causing muscles to relax and blood vessels to dilate resulting in relaxation of that region of the body. John Beaulieu, one of the authors of an article titled *Sound Therapy Induced Relaxation: Down Regulating Stress Processes and Pathologies*, speculates that “the relaxing properties of NO are not only an immune-, vascular-, and neural-signaling molecule, but also antibacterial, antiviral and it down-regulates endothelial and immunocyte activation and adherence, thus performing vital physiological activities, including vasodilation.”

Using this method, Eileen has for over twenty years benefited a wide range of symptoms: PTSD, anxiety, depression, pain, digestive disorders, vertigo, migraines, emotional discord, insomnia, menstrual disorders, fibromyalgia, arthritis, and many more. Contraindications for Biofield Tuning include where a pacemaker (due to resets of the rhythms of the body), and pregnancy or cancer (due to detoxing potential) is involved.

The basic Biofield Tuning session begins with the client lying face up on a massage table. The practitioner adopts what is called “Hollow Bone” to eliminate any personal influence over perception. This grounding technique is intended to settle the practitioners own emotional state and neutralize personal energy. Conscious connection to Earth and breathing deeply are encouraged. A weighted fork is used in the opening sequence to get energy moving in the body and can provide feedback about what is occurring in the body by listening and feeling for distortions. Comparing both sides of the body, sensing for feedback such as sluggishness or raciness, provides the practitioner with a sense of direction as to where to give further attention in the session. A pendulum can also be used to access the openness of the client’s chakras of the client.

Eileen teaches a technique for activating the forks striking on the edge of a hockey puck. The weighted forks can be struck on the practitioner's hips or thighs or striking like a match against the puck. The next step in the session is connecting into the client's Earth Star chakra located below their feet using the non-weighted 174Hz fork. Intending for a bright clear tone, continued strikes are made. Also with intention and vibration a line from the Earth Star up the center of the body opens the central channel, or sushumna, and grounding the client.

The first step in "Field combing" is finding the edge of the biofield. Hypothetically, the edge is a band around the entire biofield about 2" wide where there is a greater degree of electrical charge. The average size of most fields is 5-6 feet out each side and is used as the "working range". Reactivation of the fork continues without letting it run down but stopped between strikes as the fork is progressed in towards the body. Eileen calls the process "click, drag, and drop". "Click" to find the edge, "drag" as energy is moved by the fork closer to the body, and "drop" (with intention, as if putting down a small bundle of metal filings with an electric magnet) paying attention to where the drop was made, The fork is reactivated and starting where the drop was made, the practitioner repeats the click, drag and drop process until all energy picked up is placed into the chakra.

"Hang out" spots are hypothesized as highly traumatic experiences stored in torsion fields holding a lot of information and energy. The practitioner can communicate to the client during the session sensations felt, perception of the sound and approximate age based on distance from the body. The client is asked what they are noticing and can participate by verbalizing emotions or stories. The session can be beneficial even if the client falls asleep but greater benefit has been observed by engaging with the practitioner. Weighted forks on the body with or without a crystal can assist with breaking up stuck energy in these "hang out" spots. The practitioner then returns to the last drop position and continues activating the forks moving towards the chakra.

Once the energy is brought into the chakra a technique called "mixing paint" is performed to integrate the energy by activating the fork over the chakra. Then a process called "columning" creates "a laser-like coherence in the system and connects the body to the unified field, opening and strengthening pathways of energy and information flow". The combing continues to balance both sides of the body and clean up areas identified during initial assessment within a treatment lasting about 70 minutes. The client is then closed with intention to integrate the energy work and connect the client's will center to the Unified field.

Post session care includes hydrotherapy both inside and outside the body, drinking water and herbal teas, and soaking in a mineral or Epsom salt bath for at least 20 minutes. This supports the body in detoxifying or releasing any physical components from the blockages released from the energy field. A person can feel profound exhaustion needing to lay low, extreme emotionalism, headaches and/or dizziness after a session. Three sessions are recommended with approximately 3-7 days in between sessions.

Other methods taught to her students include a Sonic Meridian Flush which is an energetic tuning process using weighted forks and crystals on the face, hands, and feet specifically for relaxation and clearing congestion. The sound waves deeply relax patterns of holding in the facial muscles and stimulates blood and lymph flow. Seated spot treatments can be done almost anywhere where focus can be placed on tightness in shoulders and the back chakras. Distance Biofield Tuning sessions are also successful. The practitioner uses the same processes and intention while imagining the recipient's body or hologram of the body on the table. The technique can also be used on plants and animals.

Other practitioners are using tuning forks in their sound treatment sessions. Many YouTube videos are available online created by Eileen and others incorporating tuning forks. *Tuning the Human Biofield* describes in detail the process for learning to facilitate a session. Eileen continues to easily train practitioners from varied backgrounds at locations in San Diego and Vermont. Directed intention and practice, especially with how to strike the forks and getting a sense of what is being heard in the tones and the energetic field, provides the best outcome.