

“DISCOVERING A PATH TO HEALING”
A CASE STUDY REGARDING A PERSONAL EXPERIENCE WITH TWO
DIFFERENT VIBRATIONAL THERAPIES

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HUMBLE BEGINNINGS

Harnessing the power to control everything about myself and my life was always such a fascinating idea to me. I would say this was a belief instilled in me by my father during my early upbringing. Growing up in a split home, where I lived with my single mother, I got to watch and learn a great deal from her personal journey of growth over the years which embodied a flow of self-discovery, over control. She has since evolved into a beautiful, spiritual gift of healing in the form of a Holistic Health Practitioner. I was young, yet so intrigued by everything she was learning, I enveloped myself into this holistic world and tried to soak up any knowledge I could paralleling her journey. Like myself, my mother was always very empathic and intuitive which is a great combination when your life's passion is to be a healer.

My mother currently works in a chiropractic office doing massage therapy and healing accident victims on a daily basis in the San Diego area. She works long hours and I often worry about her own health, wellbeing, and longevity all while she focuses on helping everyone she touches. Being in the health and wellness field, she encounters many other professionals that have their own businesses and always offer to trade their specialized service for a massage or body work from my mother. This is a very regular occurrence that is usually mutually beneficial to both parties.

In this paper, I will take an in depth look at two different professional client trades where my mother received vibrational treatments, the process of the treatments, the outcomes, along with the follow-up and thoughts on the overall experience.

BIOFIELD TUNING

I will refer to the Biofield Tuning Practitioner as Jane, to protect the identity and integrity of my mother's client. Jane is a lovely client my mother has been seeing at the chiropractic office for a few months prior to the first professional trade. Jane approached my mother with the proposition for an on-going trade deal for a new modality of healing that Jane just got certified to do in exchange for massage. She prefaced the trade with the disclaimer that she had just finished learning and getting certified in Biofield Tuning which is a vibrational sound therapy created by Eileen Day McKusick. Jane was very excited about the trade and had so much faith in the Biofield Tuning method that it would work wonders for so many issues. As soon as my mother heard the words "sound therapy", she got excited and they talked about how I was getting a degree in this exact subject. Although my mother didn't exactly have an issue to tackle or pain to focus the treatment on, she agreed to try it out with hopes it would shift things for her in an overall, positive way.

From the book written by Eileen Day McKusick, "Tuning the Human Biofield: Healing with Vibrational Sound Therapy", The creator of this modality describes it simply as Sound Balancing. It is a therapeutic method that utilizes tuning fork frequencies to detect and correct distortions and imbalances inside the biomagnetic energy field, or the biofield, that surrounds the human body. For over 20 years now, Eileen has researched and cultivated her Sound Balancing therapy in her massage practice and has had great success in helping clients with immediate relief from pain, anxiety, migraines, insomnia, PTSD, depression and many other disorders.

Eileen discovered and mapped out the human biofield that details the blueprint that the physical body organizes itself around. It is a subtle energy that extends five feet out of each side of the body and three feet from the head and feet and creates a torus shape. This biofield contains the record of our memories, emotions and traumas that are embedded as informational energy in standing waves within this structure like the rings of a tree trunk.

During a Sound Balancing session, Eileen has gone from using handfuls of different tuning forks and scaling down to her two favorites: 174hz and 528hz. She uses the lower frequency of 174hz to start and finishes up with the 528hz tuning fork. Standing from five to six feet away from the client, who is laying face up on a massage table relaxing, she activates the 174hz tuning fork and walks in slowly using a 'combing method' to draw in the tool while she listens for any change in frequency, dissonance, change in volume, tone or feeling a sense of resistance in the field. This indicates that there is a blockage of stagnant energy that could relate to trauma and the change in sound is clearly audible to both practitioner and client. Based on the distance from the body this blockage is detected and what side of the body, a trained practitioner can determine what kind of trauma and when it occurred in the client's life. The blocked energy can then be magnetically pulled through the biofield with the tuning fork and dropped into one of the chakras to be processed and transmuted.

The result would be a cleared, healed and balanced biofield that clients have expressed feeling an actual weight being lifted from them. Eileen pointed out in her book that working on a relatively healthy person would report results of more energy, greater clarity, a greater sense of equanimity, and more inner peace. The healing that Sound Balancing can provide is a process of reclaiming our power and experiencing greater degrees of freedom. While a very basic explanation was told to my mom about the process along with it being completely safe, she was ready to give it a try besides, what's the worst that could happen.

SOUND BALANCING SESSION: 11/2/2019

Jane came to my mom's house to give her the sound balancing session. There was no intake form or informal discussion about any issues or potential problems my mother was worried about before the session started. She was just instructed to lay face up on the massage table and just relax for around an hour until the sound balancing concluded. During the session, my mom recalled Jane only using one tuning fork and wasn't sure what the frequency was. She remembered really hearing the tuning fork get noticeably louder and change sounds as Jane walked around moving blockages through the biofield which was very intriguing. At one point, she noticed Jane using a crystal point of Selenite or Quartz directly on her body and she wasn't sure what the purpose or significance was. After the hour or so was up, Jane concluded the session and no further instructions on what to expect or information was given before Jane left. Jane did mention that she had an urgent scheduled appendectomy surgery the next day and would be unreachable for a few days. My mom wished her luck in the surgery and that they would talk soon and schedule the massage portion of the business trade upon her recovering from the surgery.

SOUND BALANCING RESULTS

I wouldn't consider my mom to be a skeptic, especially when it comes to energy healing since she is a Reiki Master herself and understands that vibration and intention can heal. During her session, she did have some fleeting thoughts about the validity of this modality because she really couldn't feel much energetically happening at the time. Besides hearing the tuning forks change their tone and volume, she underestimated the transformation that was taking place in the subtle energy field around her.

After Jane left the house, my mother recalls feeling relaxed with a slight buzz as if she had just received some reiki healing. That feeling lasted almost two hours until the big shift set in that my mom was not prepared for in any way. Two hours post session, my mom began to feel extremely anxious and more intensely out of control as time passed. She became fixated on fearful thoughts and could not shake them no matter how hard she tried. As the night went on, she became more fearful and panic started to set in. She curled up, shaking and crying in the fetal position not understanding what was happening to her. It wasn't until she looked up online what a panic attack was, that she found out she was experiencing her first panic attack. She tried to think of anything she could do to calm herself down and get some relief from this horrifying episode. She immediately tried to ground herself and focused on her breathing. The only other thing she could think of was taking an Epsom salt bath with essential oils and she just prayed this would be over. After the bath she attempted to fall asleep and proclaimed that if she wasn't any better in the morning, she would take herself to the emergency room because what she was feeling was unbearable.

Luckily, my mother was able to fall asleep. She woke up no longer feeling stuck in a panic attack and was grateful she didn't need to make a trip to the ER. She was still not out of the woods however, and still was dealing with a deep feeling of sadness, despair and depression on the day after the initial session. She decided to call and leave Jane a voicemail about what she was experiencing and asked for help but realized that she was having her surgery that very day and would have to get herself out of this mess somehow.

My mom calls me at this point and sounds very distraught as she explains what she was going through since the session and I was in complete shock and disbelief. I happen to be driving through her town at this very time from Long Beach to Downtown San Diego to attend my grandmother's 94th birthday dinner. I didn't have much time, but only 10 minutes I could sit with my mom and get a full picture of what happened. She looked terrible; the absolute worst I have ever seen her, and it scared me. She kept saying that she had "no hope, no hope for anything" and repeated that phrase so much that I feared she was unstable and suicidal. I was terrified, and also upset with the fact that I could have at least tried to tone with her for a minute before having to run out the door. I knew after talking with her that I wanted to go home and go over my class notes and material and come up with a plan to set her back in balance and get her well again. I unfortunately was unable to do this because I fell into extremely hard circumstances of my own as soon as I got back home.

FOLLOW-UP

Jane received my mother's message a day or two after her surgery and got back to her as soon as she could. Although she was in no physical condition to help my mom with another session at the time, she apologized for the negative experience she had post session and promised to reach out to her own teacher she studied under to get advice on this matter and come up with a solution as soon as possible.

Almost ten days went by before she heard back from Jane with any information. Jane sent her an email detailing what her teacher had said about the situation. The teacher recommended a follow-up session with her instead of Jane to help move this energy out of her field. Jane continued to explain:

"It was in your field, it was re-activated in your field and now needs to be resolved in your field so that it won't manifest in your body down the road if repressed." The teacher also "acknowledges that it didn't necessarily start with you. It could be a DNA ancestral trauma that needs to be released. She recommended doing some lighter work and not going so deep, definitely Earth & Sun Star adjusting but also columning your back, which in effect opens 'vents' to help cut down on the detox." "Anger and anxiety are common to come up for people and while it was uncomfortable, it certainly is a testament as to how powerful this work can be."

She went on to close out the email with offering the follow-up session and said by the time she reached out, my mom had already been through the worst of it already and was courageous for going through what she did.

Unfortunately, because of the lack of communication and background on this healing modality, my mom was not comfortable going forward with the follow-up session. Especially after hearing Jane mention that it was a regular occurrence to see people screaming and crying on the table during these sessions. The Sound Balancing method unfortunately left my mom traumatized and fearful. She didn't have a clear and trusted solution on how to get back to a stable and safe place of self-control. Little did she know, that one of her clients at work would show up at the right time and offer her a trade for exactly what she didn't know she so desperately needed.

NEUROPTIMAL

I will refer to the Neuroptimal Practitioner as Susan, to protect the identity and integrity of my mother's client. Susan was a relatively newer client at my mom's chiropractic office, and she knew only a small bit of information about her career as an ER brain surgery nurse. Susan came in for a massage from my mom only a few days after my mom's initial Sound Balancing session. She still was not well or in a good head space to be working, but she forced herself to push through. She ended up chatting with Susan about what she experienced after that session and was seeking out ways to re-center herself and get mentally balanced again. Susan decided to share information about a side business she does that relates to her medical field that will no

doubt help my mom with zero side-effects, and with confidence, Susan extended the offer of a business trade.

Neuroptimal is a neurofeedback brain training system that was developed by two clinical psychologists Dr. Valdeane Brown and Dr. Susan Cheshire Brown. The program is designed to mirror your brain's activity back to itself in helping you decide if the next thought was intentional or unintentional. Your brain learns very quickly throughout the session to steer itself away from discomfort and into a place of mental stability of the 'here and now'.

During a session lasting only around 33 minutes, the client sits comfortably with two sensors on the head and three sensors on the ears that record the electrical activity of the brain. You listen to beautiful music and can also watch a never-repeating fractal image or movie. Through tiny pauses in the music, the program is communicating with your brain and mirroring what it has done 256 times a second. This invites your mind to come back to the present moment in a natural, relaxed and effective pattern. The dynamical neurofeedback software uses a set of proprietary mathematical algorithms within a non-linear program. It's able to recognize the natural potential of the brain and communicate with information that mirrors what the central nervous system just did. The information takes the form of mathematical interruptions in the auditory and visual fields that offers a mirror into their own unique electrical activity.

The Neuroptimal monitors electrical activity from the slowest 0.1hz up to 64hz on both left and right hemispheres simultaneously. Training across this range of frequencies offers results and zero side effects one might see working with only one or two frequencies at a time. When you target one frequency, you run the risk of 'over-quieting' or 'over-activating' the energy of the client. Neuroptimal flows through the frequency range with each frequency bandwidth complementing the others.

These brain training sessions are different for everyone and it usually takes 20-40 times to get to the individual's desired results, and then can be utilized after that as maintenance. It's non-invasive and non-directive because it's based on a different understanding about how the brain communicates as well as how it's best optimized. It was designed to work with the dynamic self-organizing conscious and unconscious processes facilitating optimal function. The benefits have ranged from helping: memory problems, insomnia, feeling sad/stressed/overwhelmed, addictions, headaches, difficulty paying attention and anxiety.

NEUROPTIMAL SESSION AND RESULTS

My mom had Susan over to her house to conduct the Neuroptimal session around 5 days after having the Sound Balancing session. She watched in awe at how easy and low maintenance the system was set up for her, turned on and Susan went to sit and read a book as my mom trained her brain for the 33 minutes. She loved the beautiful music and didn't watch any visuals on a monitor since that wasn't a mandatory component to the session apparently. She did notice when there were slight interruptions in the music that couldn't have even lasted half of a second. By the time the session concluded, my mom didn't understand how, but she was completely

better. All the fear, anxiety, negative thoughts had melted away and she was floating on a pure cloud of relaxed bliss. She also couldn't believe she saw immediate results after just the first session. Susan explained that as the brain and central nervous system together develop flexibility and resilience, you will gain optimal mental stability when continuing up to 20 sessions. The "training" continues with each session and you will develop the ability to create stability and learn to maintain it independent of the sessions.

To date, my mother has had five sessions and couldn't be happier. The bliss she felt after the very first session has not gone away or faded at all. She said she still knows her worries and struggles, but the difference now is that she doesn't get sucked down a negative thought tunnel like she often used to. She has also reported that she doesn't get overly- agitated over things anymore and doesn't 'fly off the handle' like she would in the past. She feels the most mentally balanced and centered she has probably ever been, and I am so happy to hear of her positive results.

IN CONCLUSION

Healing is not a 'one size fits all' type of process for everyone. Although the Sound Balancing would typically render fantastic results for most people, it is possible that because the practitioner was new, she was not aware of certain procedures to work through the energy that was activated with the one tuning fork frequency. We have also learned from Neuroptimal, that using just one frequency runs the risk of 'over-activating' energy. And because a tuning fork is a highly activating pure tone, I feel that the practitioner should have talked with my mom about some of her issues or concerns before proceeding into an energy treatment. Susan also pointed out that she did not recommend my mother to try any other sound therapies while she is completing the first 20 sessions of Neuroptimal as it could interfere with the brain training process.

I of course was very concerned about my mom's mental and spiritual wellbeing while this whole recent story unfolded just last month, but I was secretly excited because I knew that this would make for a great case study research paper. I have owned Eileen's book on "Tuning the Human Biofield" for a few years now, yet I have not completed it. I am still very much interested in finishing her book and learning her entire method to utilize it on clients if the process would be beneficial for their highest good. I am equally intrigued with the Neuroptimal brain training system and have been looking into getting sessions locally when I find the time.

Ultimately, I am so relieved my mom discovered her path to healing. The road she traveled down was slightly unkind and she lost her power along the way, but thankfully she found her way back to being in control of her life, mind and happiness.

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