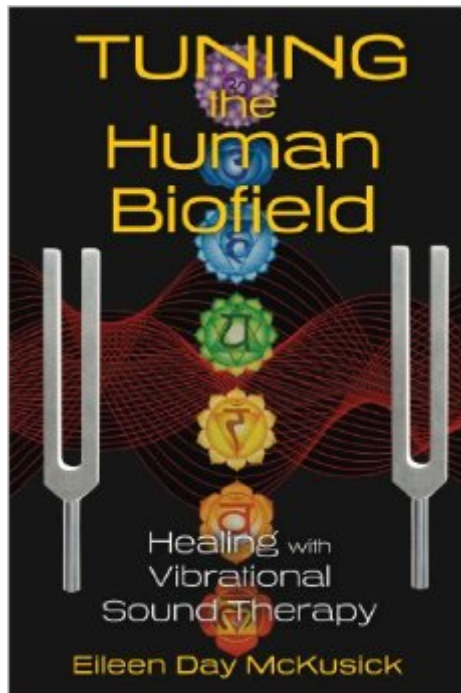


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# Tuning The Human Biofield: Healing With Vibrational Sound Therapy



## 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

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 premise of this book, based on the author's personal experience with over 100 massage patients, is that tuning forks can be used to diagnose and treat blockages in the human biofield, which is the electromagnetic field surrounding a person's body as a result of natural cellular processes. It's amazing to me, in this day and age, that the existence of the human biofield is even still open to debate, when diseases such as multiple sclerosis are undeniably electrical in nature. Despite this, when I asked my neurologist what she thought of using tuning forks as therapy, she laughed outright and waved the idea off as a silly snake oil remedy. And, I must say that while I

think the idea has some merit, I don't feel that this author does a great job of proving the skeptics wrong. McKusick's research into the human biofield is scant, first of all. She says that not much has been written on the subject, but a 5-second search of "biofield" on pubmed.com reveals 72 peer-reviewed and published papers, and that's just scratching the surface of the subject. The bigger criticism I have, however, is that McKusick's book is meant to be read and used by professional massage therapists who use tuning forks on others - in other words, the market is tiny. I bought this book thinking I could use tuning forks on myself, to cure various aches and pains, in the manner of previous (and better) biofield books such as *The Emotion Code* and *Code To Joy*. Had *Tuning The Human Biofield* described a way in which the average reader could use tuning forks to heal oneself, I would have found it far more useful. The chances of finding a therapist who uses McKusick's method is slim at best.

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