

Electric body electric health

by Eileen Day McKusick · Language: EN

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Overview

Eileen Day McKusick's "Electric Body, Electric Health" presents a revolutionary perspective on human health, proposing that the body is an electrical system surrounded by an electromagnetic field, which she terms the "biofield." This biofield, McKusick argues, is not merely an energetic aura but a structured, informational field that stores our life experiences, including physical and emotional traumas, as electrical "charge" or distortions. Her central premise is that these stored charges, when unresolved, contribute to physical and mental health issues by disrupting the body's natural electrical coherence.

The book delves into the science behind this concept, drawing parallels between the body's electrical nature and phenomena observed in physics. McKusick introduces her proprietary method, Biofield Tuning, which utilizes calibrated tuning forks to detect and correct these energetic imbalances within the biofield. By sweeping the tuning forks through the field, practitioners can identify areas of resistance or "noise" and, through the principle of entrainment, help the body release accumulated charge, thereby restoring its natural electrical flow and promoting self-healing. The book aims to empower readers to understand their own energetic anatomy and offers practical insights into maintaining an "electric health" through self-care and awareness of their biofield.

Key Takeaways

- Recognize your body as an electrical system, not just a biochemical one, and understand that your health is deeply intertwined with its electrical coherence.
- Understand that your personal history, including stress and trauma, is stored as electrical charge within your biofield, influencing your current state of health.
- Explore the concept of the biofield as a structured, informational energy field surrounding your body, which can be influenced and harmonized.
- Consider the potential of sound therapy, specifically Biofield Tuning, as a non-invasive method to clear energetic blockages and promote the body's natural healing processes.
- Practice self-awareness regarding your energetic state and learn to identify areas of tension or 'noise' within your own system.
- Embrace the idea that by restoring the natural flow of electricity in your body, you can improve physical vitality, emotional well-being, and mental clarity.

- Investigate simple self-care techniques, such as using a tuning fork, to maintain your biofield's coherence and support overall health.

Chapter Summaries

The Body Electric

This foundational chapter introduces the concept of the human body as an electrical system, challenging the purely biochemical view of health. McKusick explains how our cells, tissues, and organs operate on electrical currents and how this electrical nature is fundamental to life itself. She lays the groundwork for understanding the biofield as an extension of this electrical activity, setting the stage for the book's core arguments about energetic health.

What is the Biofield?

McKusick defines the biofield as the electromagnetic field surrounding the body, emphasizing its structured nature and its role as a repository of personal history. She describes how the biofield extends several feet from the body and contains a record of all experiences, traumas, and stresses, stored as electrical charges. This chapter provides a detailed explanation of how these charges manifest and impact physical and emotional well-being.

The Electrical River

This chapter introduces the metaphor of the "electrical river" to describe the flow of energy within and around the body. McKusick explains how this river can become turbulent or blocked by unresolved stress and trauma, leading to symptoms of dis-ease. She illustrates how Biofield Tuning aims to smooth out these turbulences, restoring the natural, coherent flow of the body's electrical system and promoting healing.

Introducing Biofield Tuning

Here, McKusick details the methodology of Biofield Tuning. She explains how calibrated tuning forks are used to detect distortions and resistance in the biofield, which manifest as changes in the sound and vibration of the fork. The chapter describes the process of working with these distortions to release stored charge and bring the biofield back into a state of coherence, thereby facilitating self-healing.

The Science Behind the Sound

McKusick explores the scientific principles underpinning Biofield Tuning, including resonance, entrainment, and the physics of sound and vibration. She discusses how sound frequencies can interact with the body's electrical system to produce therapeutic effects, drawing on research from various fields to support the efficacy of her method. This chapter bridges the gap between ancient wisdom and modern scientific understanding.

Trauma, Stress, and the Biofield

This chapter focuses on how trauma and chronic stress are imprinted and stored within the biofield as specific electrical patterns. McKusick explains that these patterns can persist long after the original event, contributing to ongoing physical and emotional issues. She elaborates on how Biofield Tuning specifically targets these stored charges to facilitate their release and integration, leading to profound healing.

Practical Applications and Self-Care

McKusick provides practical guidance on how readers can apply the principles of Biofield Tuning for self-care. She offers exercises and techniques using tuning forks that individuals can perform on themselves to address common energetic imbalances, reduce stress, and maintain their biofield's coherence. The chapter emphasizes empowering individuals to take an active role in their own energetic health.

The Future of Energetic Medicine

In this concluding chapter, McKusick speculates on the future of medicine, envisioning a paradigm shift towards integrating energetic principles with conventional approaches. She advocates for a holistic view of health that acknowledges the body's electrical nature and the profound influence of the biofield. The chapter encourages readers to embrace a new understanding of wellness and their potential for self-healing.

Themes

- Biofield science
- Energetic healing
- Sound therapy
- Electrical body
- Trauma release
- Holistic health

Notable Quotes

- "Your body is a battery, and your health is directly related to the charge and flow of your electrical system." — Introducing the fundamental premise of the book, equating the human body to an electrical device that requires optimal charge and flow for health.
- "The biofield is not just an aura; it is a highly organized, intelligent, and informational field that surrounds and permeates the body." — Clarifying the sophisticated nature of the biofield beyond common mystical interpretations, emphasizing its structured and data-rich qualities.
- "Trauma is not just a psychological event; it's an electrical charge that gets stuck in your system, creating static in your biofield." — Explaining the energetic mechanism of trauma,

describing it as an electrical phenomenon that disrupts the body's natural energetic flow.

- "When we introduce a coherent frequency into an incoherent field, the incoherent field will entrain to the coherent one." — Describing the principle of entrainment, which is central to how Biofield Tuning works by using the coherent frequency of a tuning fork to harmonize the biofield.
- "By listening to the resistance in the field, we can locate where the body is holding its story." — Referring to the diagnostic aspect of Biofield Tuning, where practitioners use auditory cues from the tuning fork to identify areas of energetic blockage corresponding to past experiences.

Frequently Asked Questions

What is *Electric body electric health* about?

"Electric Body, Electric Health" by Eileen Day McKusick explores the concept that the human body is an electrical system surrounded by an informational electromagnetic field called the biofield. It argues that stress and trauma are stored as electrical charges in this field, disrupting health. The book introduces Biofield Tuning, a sound therapy using tuning forks, to clear these energetic blockages and restore the body's natural electrical coherence for healing.

Is *Electric body electric health* worth reading?

Yes, it is worth reading for anyone interested in alternative health, energy medicine, or a deeper understanding of the body's non-physical aspects. McKusick presents a compelling and well-researched argument for the biofield's role in health, offering a unique perspective that bridges science and spirituality. It provides both theoretical understanding and practical applications, making it valuable for practitioners and laypersons alike.

Who should read *Electric body electric health*?

This book is ideal for individuals seeking alternative or complementary approaches to health and well-being, including those interested in energy medicine, sound therapy, or the mind-body connection. Healthcare practitioners, bodyworkers, and anyone curious about the electrical nature of the human body and how past experiences impact current health will find it insightful. It's also suitable for those looking for self-care techniques to reduce stress and improve vitality.

How long does it take to read *Electric body electric health*?

Based on an average reading speed of 250 words per minute, "Electric Body, Electric Health" would likely take approximately 4 to 6 hours to read. This estimate can vary depending on individual reading speed and whether the reader pauses to reflect on the concepts or engage with the practical exercises.