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

Part 1: The Electric Body

This foundational part introduces the concept of the human biofield as an electrical system, arguing that the body is fundamentally an electromagnetic phenomenon. McKusick explains how our experiences, particularly trauma and stress, are stored as "charge" or "noise" within this field, impacting physical and mental well-being. She discusses the importance of voltage and coherence for optimal health, contrasting this perspective with conventional medicine's often chemical-centric view. The author outlines how understanding the body's electrical nature provides a new framework for health and healing, emphasizing that symptoms often arise from disruptions in the biofield's electrical integrity. She delves into the history of electricity in biology and medicine, highlighting how this crucial aspect has been largely overlooked in modern healthcare. McKusick posits that restoring the body's natural electrical flow and reducing energetic "noise" is key to achieving vibrant health, laying the groundwork for the practical strategies presented in subsequent sections.

Part 2: The Electric Environment

This section explores how external environmental factors profoundly influence our internal electrical system, the biofield. McKusick details the impact of various elements, including electromagnetic fields (EMFs) from technology, natural light cycles, sound frequencies, and the quality of water we consume. She explains how modern living often disconnects us from the Earth's natural resonant frequencies, such as the Schumann resonance, and exposes us to disruptive artificial frequencies that can deplete our vital charge and create incoherence in the biofield. The book emphasizes the importance of reconnecting with natural electrical rhythms and mitigating exposure to harmful environmental stressors to maintain optimal electric health. It provides a framework for understanding how our surroundings are constantly interacting with and shaping our energetic state.

Part 3: The Electric Diet

This part shifts focus to nutrition, re-examining diet through an electrical lens rather than solely a chemical one. McKusick explains how the foods we eat carry specific electrical charges and frequencies that either contribute to or detract from our body's overall voltage and coherence. She advocates for a diet rich in whole, unprocessed foods, emphasizing the importance of minerals, electrolytes, and structured water for maintaining optimal electrical conductivity and cellular function. The book discusses how nutrient-dense foods provide the necessary "fuel" for the body's electrical processes, while processed foods, sugars, and unhealthy fats can create "electrical noise" and depletion. McKusick also touches upon the role of the gut microbiome in

electrical health, suggesting that a healthy gut contributes to a more coherent biofield.

Part 4: The Electric Lifestyle

This section provides practical, actionable strategies for cultivating and maintaining electric health through daily habits and lifestyle choices. McKusick covers a range of topics, including the critical importance of restorative sleep for biofield regeneration and coherence, the benefits of regular movement and exercise for circulating energy, and the profound impact of grounding (earthing) to reconnect with the Earth's natural charge. She also discusses the role of conscious breathing techniques in regulating the nervous system and enhancing energetic flow, and the significance of exposure to natural light. The book emphasizes how these seemingly simple practices collectively contribute to reducing stress, clearing energetic "noise," and building a more resilient and vibrant electrical system within the body.

Part 5: The Electric Mind

This part delves into the intricate connection between our thoughts, emotions, and the electrical state of our body. McKusick explains how our mental and emotional patterns create specific electrical frequencies that directly influence the coherence and vitality of the biofield. She discusses how chronic stress, negative thought loops, and unresolved emotional trauma can manifest as "stuck charge" or "noise" in the energetic system, contributing to physical ailments and mental distress. The book explores practices such as mindfulness, meditation, and cultivating positive emotional states as powerful tools for reshaping our internal electrical landscape. McKusick emphasizes the power of intention, belief, and conscious awareness in directing our energetic flow and promoting self-healing, highlighting the mind's profound capacity to influence our electric health.

Part 6: The Electric Future

In this concluding section, McKusick expands on the broader implications of understanding electric health, envisioning a future where this paradigm shifts how we approach well-being, healthcare, and even societal structures. She discusses the potential for a more holistic and preventative approach to medicine, moving beyond symptom management to address the root energetic causes of imbalance. The book encourages readers to become active participants in their own electric health journey and to advocate for practices and technologies that support biofield coherence. McKusick also touches upon the collective energetic shifts occurring globally, suggesting that embracing our electrical nature is crucial for both individual and planetary well-being, offering a hopeful vision for a more vibrant and connected future.

Themes

- Biofield science
- Energetic healing

- Sound therapy
- Electrical body
- Trauma release
- Holistic health

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.

Best Quotes

“Your body is an electrical system.”

The Electrical Self

This foundational statement introduces the book's core premise: that human physiology and health are fundamentally governed by electrical principles. McKusick argues that understanding the body as an electrical system is crucial for comprehending health, disease, and the efficacy of biofield tuning. It sets the stage for her entire model.

“Trauma is stored as an electrical charge in the biofield.”

Trauma and the Biofield

This is a central tenet of McKusick's work. She posits that unresolved emotional or physical trauma doesn't just reside in memory or tissues, but manifests as specific patterns of electrical incoherence within the body's energy field, or biofield. This charge can be detected and harmonized using sound.

“The biofield is an instruction set for the body.”

What is the Biofield?

McKusick defines the biofield not just as an energy field, but as a dynamic informational matrix that guides and organizes the physical body. This 'instruction set' determines cellular function, organ health, and overall well-being, making it a primary target for therapeutic intervention like biofield tuning.

“Coherence is health; incoherence is disease.”

Coherence and Incoherence

This statement encapsulates McKusick's view on the fundamental nature of health and illness. When the biofield's electrical patterns are coherent and harmonious, the body functions optimally. Incoherence, characterized by chaotic or stuck electrical charges, disrupts this harmony and manifests as symptoms or disease.

“We are all electrical beings living in an electrical universe.”

The Electrical Self

This quote broadens the perspective beyond individual health, placing human beings within a larger electromagnetic context. It emphasizes the interconnectedness of all life and the environment through electrical principles, suggesting that our well-being is intrinsically linked to the electrical quality of our surroundings.

“Sound is a powerful tool for self-healing.”

The Power of Sound

This highlights the practical application of McKusick's theories. She advocates for the use of specific sound frequencies, particularly from tuning forks, to interact with and harmonize the electrical patterns of the biofield. Sound acts as a resonant frequency to release stored charge and restore coherence.

“The body remembers everything.”

Trauma and the Biofield

This refers to the concept that the biofield retains a complete record of an individual's life experiences, including all traumas, stresses, and significant events. These memories are stored as electrical patterns, which can be accessed and processed through biofield tuning, even if consciously forgotten.

“Our environment is increasingly electrically polluted.”

The Electrical Environment

McKusick addresses the impact of modern technology on human health, specifically the proliferation of electromagnetic fields (EMFs) and 'dirty electricity.' She argues that this environmental electrical pollution can disrupt the body's natural electrical rhythms and contribute to incoherence and illness.

“The river of life flows through us.”

The Biofield Anatomy

This evocative metaphor describes the continuous, dynamic flow of energy and information within the biofield. McKusick uses it to illustrate how life force moves through the body, and how blockages or 'dams' in this river, caused by stored trauma, can impede health and vitality.

“The biofield is like the operating system of the body.”

What is the Biofield?

This analogy clarifies the biofield's role as the master control system. Just as an operating system dictates how a computer functions, the biofield provides the energetic blueprint and instructions that govern all physiological processes, from cellular activity to organ function.

Questions & Answers

What is the main premise of "Electric Body, Electric Health"?

The book's main premise is that the human body is fundamentally an electrical system, surrounded and permeated by an electromagnetic field called the "biofield." Author Eileen Day McKusick argues that health and disease are direct reflections of the coherence or incoherence

within this biofield. Trauma and stress are stored as electrical charges, disrupting the body's natural rhythms. By understanding and working with this electrical nature, particularly through sound frequencies like those produced by tuning forks, individuals can restore balance, release stored trauma, and achieve optimal health.

How does Eileen Day McKusick define the "biofield"?

McKusick defines the biofield as an electromagnetic field of information and energy that surrounds and permeates the physical body. She describes it as an "instruction set" or "operating system" for the body, guiding cellular function, organ health, and overall physiological processes. It's not just an energetic aura but a dynamic, record-keeping system where all life experiences, including traumas and stresses, are stored as specific electrical patterns or "charges." The biofield is considered the primary determinant of health.

What is the relationship between trauma and the biofield according to the author?

According to McKusick, trauma, whether physical or emotional, is not merely a psychological event but is stored as an electrical charge within the biofield. These charges create areas of "incoherence" or "static" in the field, disrupting its natural flow and contributing to physical and emotional symptoms. The book posits that by identifying and harmonizing these stored charges using sound frequencies, the body can release the trauma and restore its inherent electrical balance, leading to healing.

What role do tuning forks play in McKusick's method?

Tuning forks are the primary tools used in Eileen Day McKusick's Biofield Tuning method. She explains that the specific frequencies and vibrations of the forks interact with the electrical patterns of the biofield. By sweeping a vibrating tuning fork through the biofield, practitioners can detect areas of "static" or resistance, which indicate stored electrical charge from trauma or stress. The sound then helps to "comb out" these incoherent patterns, releasing the charge and restoring the biofield's natural, coherent rhythm.

What does "coherence" mean in the context of this book?

In "Electric Body, Electric Health," coherence refers to a state of harmonious, organized, and balanced electrical flow within the biofield. When the biofield is coherent, its electrical patterns are smooth and rhythmic, allowing the body's systems to function optimally, leading to health and vitality. Incoherence, conversely, describes chaotic or stuck electrical patterns, often resulting from stored trauma or environmental stressors, which disrupt the body's natural processes and manifest as disease or dysfunction.

How does the book explain the concept of "dirty electricity"?

The book explains "dirty electricity" as electromagnetic pollution generated by modern electrical devices and wiring, characterized by erratic, high-frequency voltage transients. McKusick argues that this pervasive environmental factor can significantly disrupt the body's delicate electrical

system, contributing to biofield incoherence and various health issues. She suggests that exposure to dirty electricity can interfere with cellular communication, stress the nervous system, and impede the body's natural healing processes, making it a critical consideration for health.

What is the "river of life" analogy used to describe?

The "river of life" analogy is used by McKusick to describe the continuous, dynamic flow of energy and information within the biofield. She likens the biofield to a river, where a smooth, unimpeded flow signifies health and vitality. Areas of stored trauma or stress are depicted as "dams" or "eddies" in this river, creating blockages and disrupting the natural current. The goal of Biofield Tuning is to clear these obstructions, allowing the "river of life" to flow freely again, restoring balance.

What are some practical applications or self-care techniques suggested in the book?

The book suggests several practical applications and self-care techniques. These include learning basic self-tuning techniques with a weighted tuning fork to address personal areas of discomfort or stress. McKusick also emphasizes practices like grounding (earthing) to connect with the Earth's natural electrical field, minimizing exposure to "dirty electricity" and EMFs, and cultivating a coherent internal environment through mindfulness and conscious awareness. The overall aim is to empower readers to maintain their own electrical health.

How does the book challenge conventional views of health and disease?

"Electric Body, Electric Health" challenges conventional views by proposing that health and disease are primarily electrical phenomena, rather than solely biochemical or genetic. It shifts the focus from treating symptoms to addressing the underlying energetic imbalances in the biofield. McKusick argues that trauma is stored electrically, not just psychologically, and that environmental electrical pollution plays a significant role in illness. This perspective offers a new paradigm for understanding wellness and therapeutic intervention, moving beyond purely physical explanations.

What is the significance of the "electrical self"?

The "electrical self" refers to the fundamental identity of a human being as an electrical entity, rather than just a physical body. McKusick emphasizes that our thoughts, emotions, memories, and physical functions are all expressions of electrical activity. Understanding ourselves as electrical beings allows for a deeper comprehension of how we interact with our environment, how trauma impacts us, and how we can consciously influence our own health by working with our inherent electrical nature.

Does the book discuss the impact of diet or lifestyle on the biofield?

While the book primarily focuses on the electrical nature of the body and the biofield, it implicitly acknowledges the impact of lifestyle. McKusick touches upon environmental factors like "dirty

electricity" and EMFs, which are lifestyle-related. While not delving deeply into specific dietary recommendations, the overarching message of maintaining coherence and reducing stress certainly aligns with general healthy lifestyle principles. The emphasis is on how external factors, including those related to lifestyle, can create electrical incoherence.

What is the author's background and how did she develop Biofield Tuning?

Eileen Day McKusick is a researcher, writer, and practitioner with a background in massage therapy and sound healing. She developed Biofield Tuning over two decades through extensive clinical observation and experimentation. Her work began with a curiosity about the human energy field and evolved as she discovered how tuning forks could be used to detect and harmonize electrical imbalances in the biofield, particularly those related to stored trauma. Her method is based on her empirical findings and theoretical framework.

How does the book suggest we can protect ourselves from environmental electrical pollution?

The book suggests several ways to protect oneself from environmental electrical pollution, such as "dirty electricity" and EMFs. These include identifying and mitigating sources of dirty electricity in the home (e.g., using filters), creating "electrically quiet" zones, and practicing grounding or earthing to connect with the Earth's natural resonant frequency. McKusick emphasizes awareness of our electrical environment and taking proactive steps to reduce exposure and strengthen our own biofield's resilience.

What is the difference between "charge" and "tone" in McKusick's model?

In McKusick's model, "charge" refers to the stored electrical energy within the biofield, often associated with unresolved trauma, stress, or significant life experiences. These charges create areas of incoherence. "Tone," on the other hand, refers to the harmonious, coherent, and resonant electrical frequency that the biofield naturally seeks. Biofield Tuning aims to identify areas of "charge" and, through the application of sound, help the biofield release that charge and return to its optimal "tone" or coherent state.

What are the different layers or zones of the biofield described?

McKusick describes the biofield as having distinct layers or zones, each corresponding to different periods of an individual's life. The outermost edge of the biofield, farthest from the body, typically holds information from early life and birth. As one moves closer to the body, the layers represent more recent experiences, with the immediate vicinity of the body reflecting current issues. This chronological mapping allows practitioners to identify the age at which specific traumas or stresses were imprinted as electrical charges.

What is the ultimate goal of Biofield Tuning as presented in the book?

The ultimate goal of Biofield Tuning, as presented in "Electric Body, Electric Health," is to restore the body's inherent electrical coherence and self-healing capacity. By identifying and releasing

stored electrical charges from trauma and stress within the biofield, the method aims to alleviate physical and emotional symptoms, improve overall well-being, and enhance vitality. It seeks to help individuals return to their natural "tone," allowing the "river of life" to flow freely and support optimal health.

Spoiler: What is the overall message or conclusion of the book?

Spoiler: The overall message of "Electric Body, Electric Health" is that we are fundamentally electrical beings, and our health is a direct reflection of the coherence of our biofield. McKusick concludes that by understanding and consciously engaging with our electrical nature, particularly through practices like Biofield Tuning, we can release the energetic imprints of trauma, navigate an increasingly electrically polluted world, and empower ourselves to achieve profound self-healing and sustained well-being. It's a call to embrace an electrical paradigm for health.