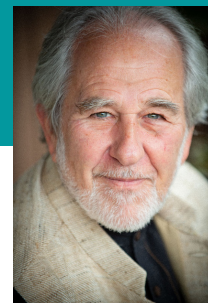




Tune Your Biofield



What is Sound?

Physics defines sound as a vibration that moves as an acoustic wave through a transmission medium such as gas, liquid or solid. Either striking the tuning fork or gliding the striker along the rim of a singing bowl, the sound heard is this vibration. The measurement of sound is in frequencies (hZ).

The human body is wired to be exceptionally sensitive to sound. We hear sound through the ears but also can “hear” these pressure waves throughout our body. Since we are made up of 70% water, sound travels quickly and with ease.

Sonograms are one of the most common ways for conventional medicine to use sound. These diagnostic tools are used to view a growing fetus in the mother. They employ frequencies within the ultrasonic range (2000 hZ)- an inaudible frequency to the human ears. Ultrasonic sound waves bounce off the bones and fluid of the fetus and return back to a transducer that translates it to a visual image, the unborn child.

Why use sound therapeutically for the body?

Entrainment: coupling of two independent oscillatory systems in a way that their periods of oscillation become related by virtue of phase alignment. (Cummings, 2009)

Tuning forks work on the principles of entrainment. The coherent sound of the fork might initially sound harmonious but if brought to a particular area of the body that's in dissonance, the fork will begin to sound static or sharp. As the practitioner works with this area repetitively, the body will begin to tune to the frequency of the fork, bringing harmony back to the fork and the body.

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Antennae- like structures on cell membranes (primary cilium) act like receptors for the cells. They respond to vibrational frequencies and begin to vibrate or resonate to the sound. This in turn, effects biological behavior of that cell.

- Bruce Lipton in his book Biology of Belief

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Biofield Anatomy Hypothesis by Eileen Day McKusick

The biofield is an energy field that extends out from the body, it can be felt by a hand but usually unseen. When an individual has a traumatic experience, parts of this experience can become stuck in their biofield. Since 1996 Eileen has been working with clients and has mapped out this biofield as well as common areas of imbalance. These focus areas are where disharmony lies and the tuning fork will bring harmony back to the body. Eileen mapped these areas in relation to the Indian Chakra System.



Book Cover of *Wheels of Life* - Anodea Judith Ph.D.



F(L): Plagued by Thoughts of Not Doing What we Want
M(R): Busyness, Overdoing



F(L): Defending Against Other People's Negative Energy, Sadness/ Grief
M(R): Holding Back Aggressive Energy, Saying Yes When You Mean No



F(L): Worrying about the future
M(R): Thinking about the past



F(L): Frustration, Resentment
M(R): Guilt, Shame



Not enough time, disconnected from nature



F(L): Lack of support from Mother, Grief/ Powerlessness
M(R): Lack of Support from Father, Anger



F(L): That which we do not express; overthinking, suppressing emotions
M(R): Speaking but not being heard; overthinking, suppressing emotions



Female Side on Left
Male Side on Right

Check out the book, *Tuning the Human Biofield* by Eileen Day McKusick if you are interested in getting more information.

Tuning your biofield is a non-invasive technique to bring relaxation to the recipient. When you are relaxed, healing can happen.



After a "session" many have revealed feeling very calm, feeling lighter and having clarity within the mind.