

# Eileen McKusick - Deeper Tuning for Your Electric Body

## What You'll Discover in These 10 Modules

In this 10-part transformational intensive, Eileen will guide you through the fundamental spiritual skills and competencies you'll need to clear energy blocks in your “half-step” zones and harmonize your WHOLE electric body, calm your nervous system, and boost your immunity.

This course will feature teachings, interactive training sessions, and experiential practices with Eileen. Each session will build harmoniously upon the previous ones so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to open to and sustain the emotional and physical balancing that sound healing via a tuning fork can provide.

### Module 1: Your ‘Master Gland’ — Creating Balance for a Better Life Perspective



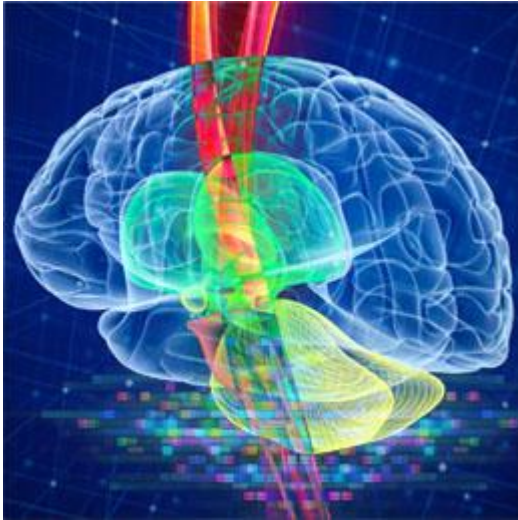
Your pituitary or “master gland” is the zone where imbalances such as headaches, migraines, head injuries, and dissonance due to intense pressure or stress show up. The tuning fork “tune-up” will target mental imbalances to clear away illusions and allow for a clearer, more balanced perspective on life.

In this module, you'll:

- Understand the energy of the pituitary gland
- Improve your body's overall regulation of heat
- Release tension patterns that can cause headaches, migraines, and eye strain

- Gain new perspectives on life and open to new possibilities

## Module 2: Your Brainstem — Calming Your Sympathetic Nervous System



Your brainstem holds the energetic imprints of every time you've been triggered into a fight-flight-freeze response. This energy zone, which also includes your *philtrum*, the vertical indentation in the middle area of the upper lip, can set off a cascade response that is almost impossible to stop once set in motion.

By clarifying these signals and working with their deeply subconscious patterns, you can reprogram your nervous system “habits” into neutrality. Once this zone has been quieted and cleared, it's easier to connect with your *alta major* chakra at the base of your brainstem, which Eileen refers to as your “mail slot.”

In this module, you'll:

- Learn to discern higher guidance from other noise in your head
- Balance your alta major chakra or “spiritual gateway” to expand understanding and consciousness
- Depattern subconscious triggers that set you off
- Breathe more deeply and freely

## Module 3: Your ‘High Heart’ — Strengthening Your Immune System & Capacity for Unconditional Love

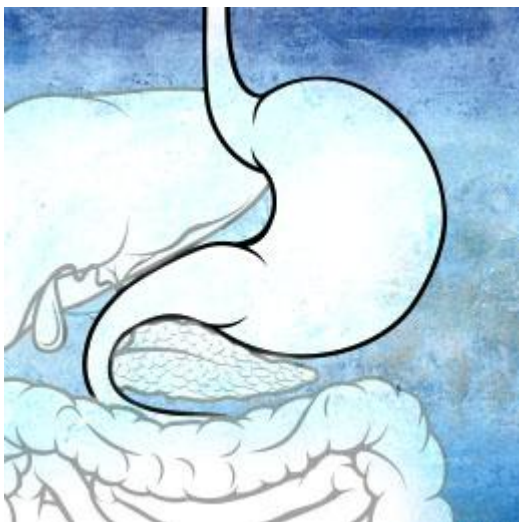


In this session, you'll work with the zone of the "high heart," which impacts your thymus gland, overall immune system, and general sense of freedom and ability to feel unconditional love. Sometimes when working in this zone your *energetic wings* can appear and unfold.

In this module, you'll:

- Strengthen your immune system
- Become more confident and less concerned with what others think
- Potentially lift feelings of depression and heaviness
- Connect to and strengthen feelings of unconditional love

#### **Module 4: Your Stomach — Clearing Confusion & Breathing Into Relaxation**



In this session, you'll work with the information field of the diaphragm and stomach, which holds the memory of every emotion and experience you've ever had. A huge part of feeling free and being healthy has to do with how freely your breath flows.

You'll explore how to restore the natural intelligence of your diaphragm, so you can fill your body with the life-giving energy of the breath.

In this module, you'll:

- Liberate your breath to flow freely to every part of your body
- Learn to rest in being, rather than thinking
- Lengthen your fuse to become more patient
- Be more present and relaxed in general

## **Module 5: A Special Integration & the Philosophy, Science & Practice of Biofield Tuning**



In this session, you'll have the opportunity to integrate the deep work you've completed thus far. You'll also learn more about the history of biofield tuning, including how and why it works — from scientific, philosophical, and practical perspectives.

In this module, you'll:

- Take time to allow the healings you've experienced to settle deeper — on a cellular level
- Learn more about biofield science
- Discover tips for using tuning forks at home (It is NOT required that you purchase or own a tuning fork to participate in this course)
- Compare and contrast different tuning fork frequencies by listening and experiencing their healing effects

## **Module 6: Your Navel — Exploring Obstacles to Genuine Wellbeing**



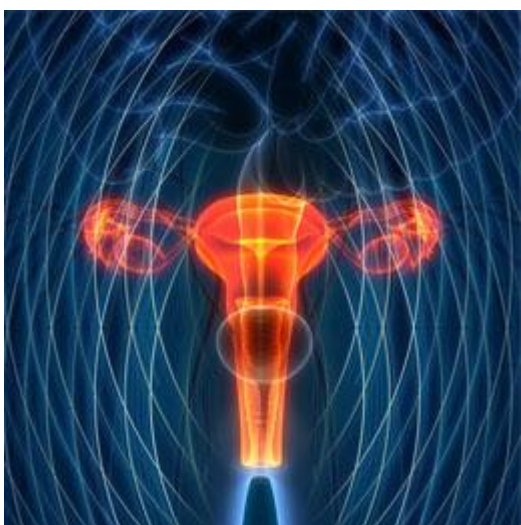
One of the biggest obstacles to true wellbeing is self-righteousness, which is often a subconscious tendency. It can steal your sense of harmony and contentment without you even knowing it. Oftentimes, we'll slip into self-righteousness as a tactic to keep us in denial of our own uncomfortable guilt or shame. Instead, we'll go into blame or anger.

In this module, you'll work with this tendency and other subconscious patterns that can leave their imprints in this zone AND stop us from truly sinking into our bellies and feeling comfortably at home in this part of our bodies.

In this module, you'll:

- Learn ways to feel more embodied
- Recognize stealth peace-stealing emotions like self-righteousness and blame
- Naturally find yourself being more vulnerable, available, and authentic
- Improve digestive fire and microbiome balance

## **Module 7: Your Reproductive System — Breaking Through Guilt & Shame to Embrace Creativity & Pleasure**





The energy zone encompassing your reproductive organs is a minefield of self-limiting beliefs fueled by cultural taboos, ancestral stories, and childhood experiences — and holds stuck energies resulting from guilt, shame, and blocked creativity, all of which can cause feelings of disembodiment.

On the other hand, once you're able to integrate these energies into a healthy, balanced expression, you can become more boldly creative and better able to enjoy pleasure of all kinds — with improved, almost effortless, personal boundaries.

In this module, you'll:

- Likely develop a healthier libido and sex drive
- Enhance and inject energy into your creative process
- Improve lower GI functioning
- Potentially relieve lower back pain and stiffness

## **Module 8: Your Thighs — Dissipating Procrastination & Fear to Embrace Inspiration & Spontaneity**



The unbalanced expression of this energy zone can best be described as “idling.” This is where procrastination, hidden fears, Netflix bingeing, failing to engage and follow through, and not taking action due to uncertainty and lack of clarity reside.

Once this zone is balanced, you will find it much easier to know what to do and when to do it. You can more easily recognize your own needs and attend to them, and find it much easier to be spontaneous and inspired.

In this module, you'll:

- Become much more focused and decisive
- Discover and release hidden fears that have been holding you back
- Start to recognize and better take care of your own needs
- Become less controlling and more free to be spontaneous

## **Module 9: Your Shins — Shedding ‘Domesticity’ for More Power, Freedom & Joy**



Your shins hold the energy of being “domesticated” — thwarted, blocked, and disallowed from being your lively self. Disabling imprints in this zone can cause you to feel shy, powerless, held back, prone to overthinking, self-conscious, and inhibited. Balanced, this area expresses power, freedom, boldness, presence, and confidence.

As you approach the end of your journey through the Biofield Anatomy, you’ll step out freer, more energized, and more aware of and ready to share your gifts with the world. You’ll also be ready to experience more fun, joy, and pleasure!

In this module, you’ll:

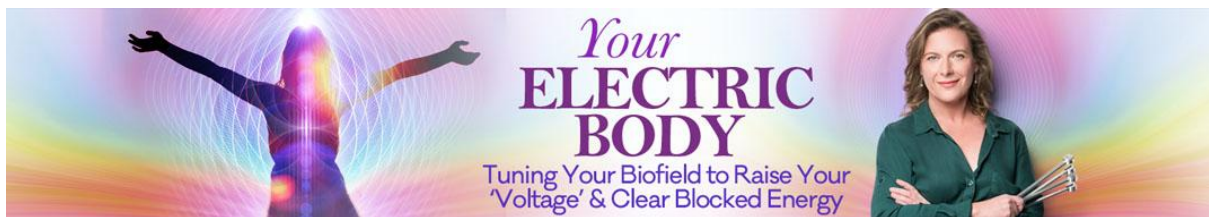
- Reconnect to the deep, wild, free part of yourself
- Experience yourself as more fully present in each moment
- Move forward in a more fluid and flowing state
- Enter into the song and dance and game of life more confidently and joyfully

## **Module 10: Integrating & Sending Your Collective Coherence Out to the World**



You'll integrate all you've experienced together, and take the strength of the group's collective coherence and send it out into the world. You've experienced a lot of healing — and come to realize that *you* are the tuning fork! The session will include a group intention exercise and visualization.

### **Introductory Training Is Included!**



This intensive builds upon the core teachings from Eileen McKusick's 7-week introductory course, *Your Electric Body*. When you purchase the full 10-module intensive, you get access to this powerful resource as well! It's important that you begin the foundational 7-part program on your own prior to starting this advanced intensive.

The “tune-ups” offered in the intensive will address your emotional, physical, and spiritual imbalances at a deeper level, so it's important to be introduced to and complete the foundational sound-healing work prior to the 10-part advanced offering.

In this 7-module transformational course, Eileen skillfully uses her tuning fork to check for dissonance in the group field (addressing your personal imbalances as well) from your feet to your crown, and brings the electromagnetic energy in your biofield into balance to harmonize emotional, physical, and spiritual imbalances and to optimize wellbeing.

Each training session builds harmoniously upon the previous ones so you'll develop a complete, holistic understanding of the practices, tools, and principles you'll need to open to and sustain the deep balancing you'll receive via the tuning fork sound healings.

**Module 1:** Discovering Your Biofield Through Your Foundational Zone (Feet & Knees)

**Module 2:** Exploring Imbalances & Finding a Comforting Groundedness (Tailbone & Root Center)



**Module 3:** Happily Receiving Resources for Boosting Creative Expression, Pleasure & Inspiration (Sacral Center)

**Module 4:** Establishing a Healthy Balance of Positive & Negative 'Electric Charge' (Naval/Solar Plexus)

**Module 5:** Being in Balance With Your Heart's Desires for More Joy & Gratitude (Heart)

**Module 6:** Exploring Your Throat Chakra as the Root of Your Divine Expression (Throat)

**Module 7:** Relaxing Into True Healing Through Your Crown Center (Brow & Crown)

PLUS, you'll get the *Your Electric Body* Bonus Collection:

### **Raise Your Voltage**

*3-Part Audio Tuning Fork Healing Series From Eileen McKusick*

### **Healing for the Spine**

*Audio Session From Eileen McKusick*

### **Using Tuning Forks on Yourself**

*Video Teaching From Eileen McKusick*

The original price of *Your Electric Body* was \$297.00, but is included in your registration for the advanced course.

## **The *Deeper Tuning for Your Electric Body* Bonus Collection**

In addition to Eileen's introductory training and transformative virtual course, you'll receive these powerful training sessions. These bonus sessions complement the course and promise to take your understanding and practice to an even deeper level.

### **Increasing Prosperity & Abundance**

***3-Part Audio Program From Eileen McKusick***



This audio program is designed to awaken your own expansiveness and profusion, and the absolute and riotous abundance of nature and the universe itself. When we open to this awareness, we notice that abundance naturally starts to flow our way. Participants have reported better interpersonal relationships, more clients, surprise gifts of money, new opportunities, and greater appreciation of life — for themselves and for others as well.

## **Exploring the Interstitium**

### ***Audio Session From Eileen McKusick***



In this audio session, you'll learn about the newly discovered organ that science is calling our interstitium. The interstitium is a contiguous fluid-filled space existing between the skin and the body organs, including muscles and the circulatory system. The fluid in this space — called interstitial fluid composed of extracellular fluid and its solutes — drains into the lymph system. When Eileen has contemplated the interstitium, she noticed tension in her body — which led her to intuit that this is an area where we hold emotional charge that creates surface tension which keeps water weight locked in our bodies. Eileen approaches this session with the intention of exploration, but also relaxation and release of charge. This is an exciting session! It's not often science "discovers" a new organ.

## **Water Story & Water Blessing**

### ***Set of 2 Audio Meditations From Eileen McKusick***



These meditations were created by Eileen with the intention of bringing your awareness deeply into the present moment. The ability to keep our awareness fully present is what Eileen calls “surfing the now.”

## **Using Tuning Forks on Yourself**

### ***Video Teaching From Eileen McKusick***



This video teaching shows you all the different ways you can use tuning forks — any tuning fork — on yourself to help you shift your mood, relieve discomfort, or bring yourself more deeply into the present moment.

## **20% Discount on the Sonic Slider Tuning Fork**



Join the thousands of others who exclaim, "I love my Sonic Slider!" This handy tool is helping people lose weight, sculpt their bodies, look and feel younger, improve energy levels, improve mood, speed recovery time from exercise, and much more. Bring the healing and soothing power of sound home.

*Note: No purchase is required for the course. It is recommended, but not necessary, to acquire this fork to use in the course. You may use whatever products you'd like to use for your training.*