



Chiropractic Newsletter Well-Being

The Human Biofield

In 1994, a panel of scientists at the National Institute of Health chose the word “biofield” to describe the field of energy and information that surrounds and interpenetrates the human body. The biofield is composed of both measurable electromagnetic energy and hypothetical subtle energy, or chi. This structure is also referred to as the “human energy field” or “aura.”

While western science has yet to describe and measure this energy, other cultures, especially ancient Indian or Vedic cultures, describe it extensively. The term chakra (“wheel” in Sanskrit) refers to spinning energy vortices that are seen as structures in the body’s subtle energy anatomy. Not coincidentally, within the body at each chakra location there are corresponding large clusters of nerves, or plexuses.

One way of understanding subtle energy is through analogy: Subtle energy is to electromagnetism as water vapor is to water. Just as we do not measure water vapor with the tools we use to measure water, we can’t measure subtle energy with the same tools we’d use to measure electricity. Subtle energy is higher, finer, and more diffuse; it follows slightly different laws.

Another word for this energy is bioplasma. Bioplasma is a diffuse magnetic fluid that surrounds all living beings. Like a fluid, it can be of varying viscosities and densities. In Biofield Tuning (also known as “sound balancing”), we see the human biofield as a bioplasmic toroid (doughnut-shaped) bubble that surrounds the body at a



distance of about 5 to 6 feet at the sides and 2 to 3 feet at the top and bottom. It is bounded by a double-layer plasma membrane, much like the protective boundary that defines the Earth’s upper atmosphere.

Biofield Tuning research has shown that all of our life experiences appear to be stored magnetically in standing waves within this medium. The biofield is then compartmentalized, as the record of different emotional experiences are stored in different, stratified locations within the field. Additionally, it is time-lined, with information at the outer edge of the field relating to gestation, birth, and early childhood and information close to the body being recent or current. All other years fall in between, like the rings of a tree.

Different emotions produce different frequency signatures. These are reflected in the overtones (or harmonics) of the vibrating fork we use in biofield tuning. For example, fear has a very distinct, pulsing quality to it. Other emotions, such as guilt, grief, and anger, all have their own unique signatures and their own unique locations in the biofield.

With extreme sensitivity to vibration, as well as a somewhat curious natural understanding of the language of frequency, I was able to “map the biofield” much like neuroscientists have mapped the brain. Over the course of my research, a universal pattern has appeared—the same emotions, or states of mind, appear to be housed in the same areas of the biofield and body of each person.

Tuning the Biofield

Records of periods of stress or difficulty can be located in the biofield by passing a tuning fork slowly through this subtle energy field. These experiences show up as distortions, or “noise” and resistance in the signal, which can be perceived by both the practitioner and the person receiving a session. Depending on where in the biofield these distortions present, the approximate age and emotional tone of the experience can be determined and referred to in the map.

Being able to identify the “source point” of the stressor in the field and neutralize it gently with sound has, in clinical practice, produced predictable, repeatable, and consistent outcomes of symptom reduction and even elimination—sometimes in just one session.

The Biofield Tuning process is designed to locate, harmonize, and release areas of noise and resistance in the body’s electrical system, making it possible for the individual to activate previously inaccessible potential and move forward with a more empowered and balanced perspective.

—Eileen Day McKusick
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