The human biofield – our body’s electrical system
Relationship is key to resistance ~Sister Susan Francois

Mycelium enter into symbiotic relationships with host plants, contributing to the long-term health and flourishing of the overall ecosystem. As extensions of a host plant’s roots, the mycelium assist that plant if there are threats like pests or droughts.

Biologist Paul Stamets considers them sentient “thinking” organisms that take in and respond to information about their environment, thus supporting the health of the whole forest.

No one person has the skills and abilities to do it all, and no one can be everywhere, addressing every need (attempting this, in fact, is the recipe for burnout!).
Religious and spiritual traditions teach us the truth of interconnectedness and interdependence.

We are organisms that rely on other organisms to survive, thrive, and heal one another.

We can look to the hidden network of mycelium beneath our feet – and within our bodies - for inspiration as we seek to strengthen our interconnected networks

*The next Buddha will be the ~ the community* ~ Thich Nhat Hahn
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